SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 20

OTTAWA metro®
NEWS WORTH SHARING.

BIEBER FREE
LIVE 88·5 FM

NO BLURRED VISION HERE

SURE, LIKE THE SONG GOES, SHE'S THE 'HOTTEST B—CH IN THIS PLACE,' BUT MUSIC VIDEO MODEL EMILY RATAJKOWSKI ALSO HAS HER MIND SET ON A SERIOUS ACTING CAREER

PAGE 21

On bachelorhood

John Mazerolle has a girlfriend now, but that doesn't mean he can't live in squalor, eat pizza for every meal and never make plans more than an hour in advance, right? PAGE 18

Cook me, I'm Irish

Green beers not your thing? No worries, you can always celebrate with some lamb chops, cabbage soup and other St. Paddy's Day treats

PAGES 24, 25

FALL DIDN'T STOP GOLD

Brian McKeever of Canada, left, celebrates his gold medal in men's cross country one kilometre sprint, visually impaired event at the 2014 Winter Paralympic, Wednesday. McKeever fell 200 metres into the race but came back to win the race. See story page 26. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Groups call for plan on violence against women

NAP. Researcher says feds do not recognize a gender component in violence

TANYA KIRNISHNI
ottawa@metronews.ca

Violence against women is a prominent topic of discussion in Ottawa these days and voices are rising to be heard at the national level.

The case for a National Action Plan (NAP) on Violence Against Women was made at a panel discussion involving researchers and women's support groups Wednesday. The Canadian Network of Women's Shelters and Transitions Houses initiated a report on the existing policies and legislation to find out how they could be impacted by the development of a national legislature on violence against women.

"The timeliness could not be more uncanny," said Pamela Kapoor, co-author of the report, referring to the latest events at the University of Ottawa surrounding rape culture. Holly Johnson, who is a professor there, did research for the report and suggested that a NAP would "focus on coherence — policies that work together."

"The appeal of a NAP is to hold the government accountable," said Leighann Burns, Director of Harmony House. She argued that one of the biggest obstacles for policy-makers is that they are subject to the whims of whichever party is in power at the federal level.

Johnson stated that although some provincial policies acknowledge gendered violence, the federal government does not recognize a gender component in violence.

"Gender neutral terms are not necessarily more encompassing but are more problematic," added Yamikani Msosa, public education coordinator at the Sexual Assault Support Centre of Ottawa.

"There has been a systematic deconstruction of the autonomous women's movement in Canada," said Burns. She stated that the divide between federal and provincial policy does not allow for the effective implementation of social resources and support services.

"Rather than making progress on this we've actually been regressing," said Burns.

The panelists also spoke to the need for versatility in a NAP to address marginalized women that see higher instances of violence than the majority. "Statistics say Aboriginal women are five times more likely to be murdered than their non-aboriginal sisters," said Frances Daly, manager of Minwaashin Lodge's shelter for women and children.

YOUR SUCCESS STARTS RIGHT NOW!
MEDICAL LAB ASSISTANT/TECHNICIAN.....CLASS STARTS MARCH 31
(40 week Diploma, inc. 6 week placement!)
PERSONAL SUPPORT WORKER.....CLASS STARTS MARCH 31
(27 week Diploma, inc. 11 week placement!)
Contact us today
613-722-7811
ALGONQUIN CAREERS ACADEMY 1830 Bank St., at Walkey station algonquinacademy.com

SPRING BREAK DEALS ON THE PERFECT MULTI-MEDIA TABLET

PLUS
3 Free Kids' eBooks*

Perfect for everything web, social, and entertainment.

kobo arc 10HD
$100 OFF
Now $299.99
Was $399.99

kobo arc 7HD
$20 OFF
Starting from $179.99
Was $199.99

Indigo | Chapters | indigo.ca

Connect with us /chaptersindigo

*Offer valid from March 5-27 on in-stock Kobo Arc 7HD or Kobo Arc 10HD devices, while quantities last. Not valid in conjunction with any other offer or promotion and cannot be used to adjust amount paid on previous purchases. Offer may change or end at any time without notice. Additional restrictions may apply. Free eBook offer valid on the "Spirit Animals: book 1: Wild Born" by Brandon Mull, "Geronimo Stilton Cavemice #1: The Stone of Fire" by Geronimo Stilton, and "Shiver" by Maggie Stiefvater. Offer available to customers who purchase any Kobo Arc 7HD or Kobo Arc 10HD from Indigo, Chapter, or Coles, and activate by April 10, 2014 at 11:59:59pm (EST). eBooks offer has no cash value and cannot be exchanged for other eBooks. The three ebooks will automatically be added to the Kobo Device library upon activation. Offer limited to one eBook download per book per Device with total 3,000 downloads available. Offer can end anytime without notice. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

U of O hockey team

Sexual assault investigation brings in Thunder Bay police

Thunder Bay police were in Ottawa on Wednesday to investigate an alleged sexual assault concerning members of the University of Ottawa men's hockey team.

Police are interviewing members of the team, and others, about the incident that allegedly occurred in Thunder Bay on the weekend of Feb. 1.

Ottawa police are assisting in the investigation.

There are allegedly two victims, but one complaint was reported by a third-party member on Feb. 25.

According to the Thunder Bay police website, investigators are also following up with an alleged adult female victim.

LUCY SCHOLEY/METRO

Search is on

Help sought in finding robbery suspects

Ottawa police are asking for help in finding suspects linked to a recent home robbery.

Three men broke into an apartment in the 200 block of Donald Street. on Feb. 11 at about 4:30 a.m. Armed with knives, they bound the 57-year-old male occupant with tape and assaulted him before fleeing the scene with prescription drugs and cash, police said.

The victim eventually broke free and phoned police. Police believe this was not a random act.

LUCY SCHOLEY/METRO

OC Transpo drivers may face new rules

Bus crash fallout.
Updated speed limits and railway crossing regulations en route for OC Transpo

LUCY SCHOLEY
ottawa@metronews.ca

Police direct traffic at a railway crossing near the Fallowfield station on Tuesday morning as workers repaired a defective controller. OONA WOODS/FOR METRO

Bus drivers could face new railway crossing rules and speed limits on the Transitway after the body that's investigating the fatal OC Transpo crash sent out safety recommendations to the city.

In a memo addressed to Mayor Jim Watson, council and the transit commission, deputy city manager of city operations Steve Kanellakos said Ottawa is working with OC Transpo and Via Rail to address safety issues.

According to the memo, the following changes are underway:

- A comprehensive review of speed limits on the Transitway from the Nepean Sportsplex to the Fallowfield Station, with OC Transpo special constables enforcing the limits.
- An amendment to the bylaw governing the operations of vehicles on the Transitway, which could prohibit vehicles from driving through railway crossings when warning signals are on.
- An engineering review of installing an amber early warning signal for the southbound Transitway traffic (the city already installed the same light for the northbound route).

Employment and Social Development Canada also said OC Transpo "had not sufficiently identified and assessed the workplace health and safety-related hazards at railway crossings where operators are required to work," according to the memo.

The city has hired engineering consultant firm MMM Group to assess "ergonomic considerations" for transit operations at railway crossings.

This memo follows two letters the Transportation Safety Board of Canada, which is investigating the crash, sent the city on Feb. 25 with safety recommendations.

An OC Transpo bus collided with a Via Rail train near the Fallowfield station on Sept. 18, 2013. It killed six people and injured dozens.

Since that collision, there have been reports of malfunctioning signal lights at the same station. Workers were called in to repair the controller after the warning lights lit up early Tuesday morning. Police monitored the area until the afternoon, but were called in again at 9 p.m. on the same day when the lights malfunctioned again.

The cause of the tragic collision is still unknown.

The Transitway will be closed between Fallowfield Road and Woodroffe Avenue on Wednesday between 10 p.m. and 5 a.m. The city sent out a press release stating it was for "routine maintenance work."

All bus routes will still operate, with a detour in this area. Commuters can expect minimal delays.

1 NEWS

HURRY! ONLY 4 VEHICLES AT THIS PRICE!
2014 VW Jetta Trendline+ 2.0 Auto
Give it a try.
ONLY $264 MONTHLY +HST
BYTEK EXCLUSIVE
24 MTH 0.4% LEASE
$2,250 UP FRONT INCLUDES FIRST PAYMENT, FEES, TAXES AND SECURITY DEPOSIT.
*Limited time lease offer through VW Finance, on approved credit, based on a new 2014 Jetta Trendline+. Freight, PDI and admin included in monthly payment. Total lease obligation: $8,827. 16,000 km allowance charge of $0.15/km for excess kms. Photo for illustration purposes.
TOLL FREE NUMBER 1-888-231-9753
6SP AUTO, AIR CONDITIONING, POWER GROUP
HONOUR ROLL A+ ACCREDITED BUSINESS
SERVICEPLUS PROGRAM UP TO $2,500 VALUE BYTEK PERSONALIZED MAINTENANCE BOOKLET
QUEENSWAY AND ST LAURENT bytekvw.com 1325 St. Laurent Blvd. Ottawa

Sens 50/50 draw goes digital

Fundraising. No more fumbling with arms-length of tickets

The days of gripping a long strip of 50/50 tickets at a hockey game are over, but the Sens Foundation has high hopes new technology will increase the payout for winners and local charities alike.

Ottawa Senators mascot Spartacat joined Liberal MPPs Yasir Naqvi and Bob Chiarelli along with president of the Sens Foundation Danielle Robinson and others to make the announcement at the Canadian Tire Centre Wednesday.

Robinson says fans at the game will be able to see the total money raised in real time.

"They will always know what the jackpot is," she said.

"This way there is much more transparency and accountability."

But she is quick to add there was no fear of sticky fingers with the old system.

"No, no, no, gosh nothing like that," she added. "In a paper-ticket system there's just more room for human error, if you think about having to take a strip of seven tickets down to a room and make sure those all get into a lottery bin. We have processes in place to make sure that gets done, but this way it is all automatic. People's hands aren't on the tickets."

Chiarelli says they expect to see a significant increase in money raised.

"The electronic mechanisms have proven to double or triple the amount raised through the 50/50 draw," he said.

"This will make a lot of difference to a lot of people in the city of Ottawa who are touched by Sens Foundation programs."

The Sens Foundation currently supports programs like Sens@School, Play to the Max, Project Step and with Roger's House, the "home away from home for sick children."

Robinson says she is excited by the possibility of more cash coming in.

"We will commit to reaching out to even more organizations in the National Capital Region who are focused on social recreation and education and are promoting both physical and mental wellness."

OONA WOODS/FOR METRO

Ottawa Senators mascot Spartacat gives his approval to the team going digital with its 50/50 tickets during an announcement Wednesday. OONA WOODS/FOR METRO

Mom who abandoned kids should serve time: Crown

A 26-year-old woman who left her three young kids at home covered in feces while she went to drink and use drugs should serve six to eight months behind bars, a Crown prosecutor argued Wednesday.

The mother, who cannot be named due to a publication ban, pleaded guilty to child abandonment in November after the March 2013 incident. Her kids, aged three, two, and nine months at the time, were left alone in what police described as "filthy" conditions.

The nine-month-old was found at the top of the stairs crying after a neighbour heard screams coming from the Vanier apartment.

"This is a case that cries out for significant denunciation and deterrence," the Crown, Louise Tansey, told a judge Wednesday.

She reminded the court the woman initially lied when she returned home after partying, saying she had left her kids in the care of a babysitter. She lied again to Justice Peter Wright in court in January about her cocaine use after failing a drug test.

The Crown is also seeking a probationary period in the range of two to three years.

Tansey told the judge the accused's criminal record is "replete" with breaches, but her lawyer, Jason Gilbert, said it is "far briefer" than that of a severe addict.

"She is remorseful for her actions," said Gilbert. "She is ashamed and regretful for the impact it has had on her children."

Gilbert asked for a conditional sentence of nine to 12 months that would be served in the community, which would include 90 days of "intermittent" jail time.

Wright is scheduled to sentence her March 25.

The woman has been in and out of rehab since her six days spent in jail and assured Wright she would continue getting treatment for substance abuse. She currently resides in a shelter for abused women.

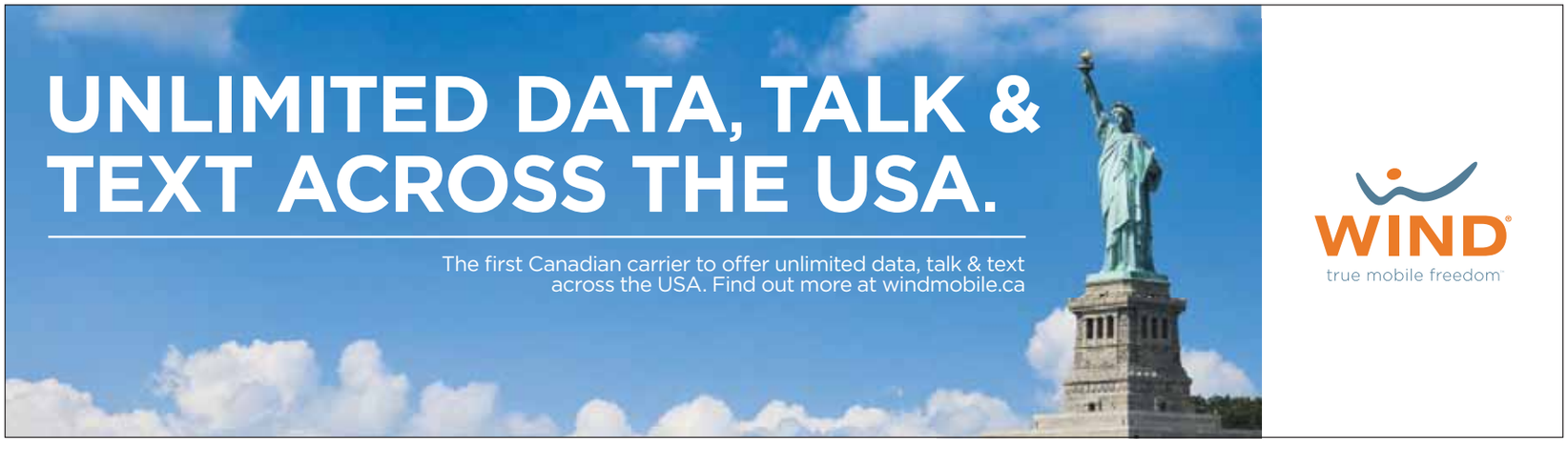
When asked if she had anything to say to the court, she said, "I really apologize for everything that happened."

Nadine Letang, an addictions treatment case manager at Amethyst Women's Addiction Centre in Ottawa testified she first met the accused in 2010.

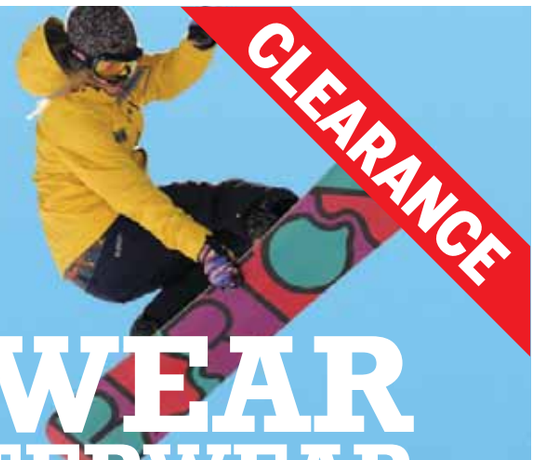
"I've seen a great change from (her) since we connected," Letang told the court.

Letang said the accused is scheduled to start a 10-day intensive program at Amethyst next week, which will include therapy and workshops.

JOE LOFARO/METRO


UNLIMITED DATA, TALK & TEXT ACROSS THE USA.
The first Canadian carrier to offer unlimited data, talk & text across the USA. Find out more at windmobile.ca
WIND
true mobile freedom

SKI & SNOWBOARD EVENT



SKIWEAR & SNOWBOARD WEAR

SPYDER, DESCENTE, ARMADA, KJUS & BURTON

JACKETS, PANTS, SWEATERS & TURTLENECKS

Men's & Women's

ALL 50% OFF*

*Excludes basics and new arrivals. Discount taken off original price. Offer valid only on brands listed above.

SKIWEAR & OUTERWEAR

SPYDER, JUPA, KARBON, BURTON, THE NORTH FACE, ROSSIGNOL & MORE

JACKETS & PANTS

Junior & Kids

ALL 50% OFF*

*Excludes Canada Goose. While supplies last.

ALL SKIS

By Salomon, Volkl, Dynastar, Rossignol, Head, Nordica & Blizzard.

20-50% OFF*

ALL SKI BOOTS

By Rossignol, Atomic, Salomon, Head, Lange and Nordica.

20-50% OFF*

WINTER ACCESSORIES

Winter Hats, Mitts and Gloves.

TAKE AN ADDITIONAL

20% OFF*

*Excludes Canada Goose. Discount taken off current selling price. While supplies last.

ALL SNOWBOARDS

By Burton, Ride, Gnu, and Libtech.

20-50% OFF*

ALL SNOWBOARD BOOTS AND BINDINGS

20-50% OFF*

*While quantities last. Discount taken off original price. Prices as marked.

TOMMY & LEFEBVRE

A SPORTING LIFE COMPANY

464 BANK STREET STORE

Phone: (613) 236-9731 | Toll Free: 1 (888) 888-7547

HOURS: Mon-Fri 9:30 AM - 9:00 PM, Sat 9:00 AM - 6:00 PM

Sun 10:00 AM - 5:00 PM

Shop TANDL.COM

New MS drug now available in Canada

Lemtrada. Relapse-remitting multiple sclerosis drug requires minimal treatments

There is a new drug on the market for Canadians who have the most common form of multiple sclerosis. Lemtrada has been approved for use after a University of Ottawa-based team conducted clinical trials over the last four years.

The drug kills white blood cells, which stops them from entering the brain and attacking it. Lemtrada has been given the green light both here and in Europe, but not America. It was previously marketed for leukemia sufferers under the name Campath.

Ottawa MS patient Kelly Lauzon was diagnosed with MS in 2000. For the following decade she had recurring relapses of the disease.

Lemtrada, a new drug to treat multiple sclerosis. CONTRIBUTED

"Prior to being on this drug I was relapsing every 12 months," she said.

"For me, I was always affected by my vision. I would basically go blind. This means I can't drive, I was counting steps in my own home."

Lauzon says she has not had a single relapse since being on Lemtrada. She has also noticed an improvement in her ability to sleep through the night.

"After one month of this trial I woke up literally in tears saying to my boyfriend, 'Is this how normal people sleep?' It had been so long I forgot," she said.

Trials of the drug resulted in one death in the past, but doctors say they are administering it intravenously and that avoids double contact with the liver, which caused problems. Side effects can affect the thyroid along with milder ailments like fevers, rashes and nausea.

Dr. Mark Freedman is a neurologist and professor of medicine with the University of Ottawa. He says the drug is a highly effective therapy that can be injected once a year and then not maintained.

"This treatment can be given as simply once a year treatment, for a couple of years, and that may sustain them for a long time," he explained.

But not everyone is sold. Wakefield resident Sandy Daviau, who also suffers from relapse-remitting MS, says he will stick to cannabis.

"I have been almost symptom free for 14 years," he said.

OONA WOODS/FOR METRO

It's not exactly Hogwarts, but it'll do...

Daniel Clarkson (left) and Jeff Turner pose with Quidditch players from the University of Ottawa and Carleton in front of Parliament Hill to promote their show Potted Potter at the NAC, which condenses all seven Harry Potter books into a comedic 70-minute performance. Tonight is your last chance to see the show. Both university teams are heading to the Quidditch World Cup this spring. TREVOR GREENWAY/METRO

YMCA-YWCA of the National Capital Region
YMCA-YWCA de la région de la capitale nationale
A First Stop for Newcomers to Canada
Un premier arrêt pour les nouveaux arrivants au Canada
To learn more, visit our Newcomer Information Centre.
Pour en savoir davantage, visitez notre Infocentre du nouvel arrivant.
Taggart Family Y, 4th Floor
180 Argyle Ave
Y de la famille Taggart, 4e étage | 180 ave Argyle
613-788-5001
nic@ymcaywca.ca
ymcaywca.ca
Citizenship and Immigration Canada
Citoyenneté et Immigration Canada

HACE1. Ottawa researchers discover new protein that protects the heart

Researchers at the Ottawa Heart Institute have discovered a new protein that protects against heart failure.

Well, HACE1 is not exactly new. Researchers have known about its abilities to protect against tumour growth and other metastasized cancer types.

But when Dr. Peter Liu, the scientific director of the University of Ottawa Heart Institute, started looking into the causes of heart failure, he found the protein popped up in the blood of many patients who suffer from diabetes, high blood pressure and other problems that can lead to heart failure.

When the blood-pumping organ is put under stress, it causes a build-up of damaged proteins, which causes its failure. But HACE1 acts as the clean-up agent for those proteins, thereby protecting the heart.

"It's like an environmental engineer," said Dr. Liu. "You have the garbage protein piling up — if you leave it alone, you're in trouble. So you better have a very efficient system of having it removed and that's what HACE1 is able to do."

Although HACE1 is nature's way of protecting the heart from injury, it does not always develop fast enough, which can cause the weakened pumping function known as heart failure.

Dr. Liu said the discovery of HACE1 is two-pronged: doctors will now be able to tell if someone is on the verge of heart failure, simply by detecting the presence of the protein in a patient's bloodstream. But also, researchers might be able to find a way to stimulate HACE1 in patients to better protect the heart.

"If we remove this protein, the heart fails much faster," said Dr. Liu. "If we can actually put the protein back, it protects the heart ... from high blood pressure and other types of damages. This opens up a whole new way of us thinking about how the heart loses its function as we get older."

LUCY SCHOLEY/METRO

Dr. Peter Liu, the scientific director of the University of Ottawa Heart Institute. CONTRIBUTED

Quoted

"If we remove this protein, the heart fails much faster. If we can actually put the protein back, it protects the heart ... from high blood pressure and other types of damages."

Dr. Peter Liu, scientific director of the University of Ottawa Heart Institute on the powers of HACE1

March MADNESS

KitchenAid

Cook Up the Savings Event

February 13, 2014 - March 26, 2014

Complete your kitchen with a matching KitchenAid® Appliance Suite

Save 20%

Instant savings on the purchase of 5 or more qualifying KitchenAid® Built-In Major Appliances

Or Save 15%

Instant savings on the purchase of 3 or 4 qualifying KitchenAid® Built-In Major Appliances

MAYTAG WHAT'S INSIDE MATTERS

Whirlpool

BONUS OTR EVENT

Purchase any Maytag® or Whirlpool® Refrigerator and eligible Range and receive a BONUS Over the Range Microwave (of the same brand)

MAYTAG WHAT'S INSIDE MATTERS

FRENCH DOOR REFRIGERATOR (MFI2269VEM) • 21.8 cu. ft. capacity • Electronic External Ice & Water Dispenser • Electronic Quad Cool System // ELECTRIC RANGE (YMER8880BS) • 6.2 Cu. Ft. Capacity • EvenAir True Convection • Power Preheat

BONUS OTR

VALUE: $549.99

OTR MMV4203WS
- 2.0 Cu.Ft. Capacity
- Hidden Vent
- 2 Speed Exhaust Fan

REFRIGERATOR REG. $1899.99 SAVE: $100 SALE PRICE: $1799.99

RANGE REG. $1299.99 SAVE: $200 SALE PRICE: $1099.99

FRENCH DOOR REFRIGERATOR (MFF2055YEM) • 19.6 Cu.ft. Capacity • 30" Wide • Water Filter // RANGE (YMIR8890AS) • 6.2 cu. ft. Capacity • EvenAir True Convection • Speed Heat™ induction elements

REFRIGERATOR REG. $1799.99 SAVE: $100 SALE PRICE: $1699.99

RANGE REG. $1899.99 SAVE: $100 SALE PRICE: $1799.99

Whirlpool

FRENCH DOOR REFRIGERATOR (WRF560SFYH) • 19.6 cu. ft. capacity • Humidity Controlled Crispers • Spillsaver™ Glass Shelves // TRUE CONVECTION ELECTRIC RANGE (YWFE710H0BH) • 6.2 cu. ft. Capacity • AquaLift™ Self-Clean Technology • TimeSavor™ Plus True Convection

BONUS OTR

AVAILABLE IN STAINLESS

VALUE: $549.99

OTR YWMH53520AH
- 2.0 Cu.Ft. Capacity
- Hidden Vent
- 4 Speed Exhaust Fan

REFRIGERATOR REG. $1649.99 SAVE: $200 SALE PRICE: $1449.99

RANGE REG. $1249.99 SAVE: $150 SALE PRICE: $1099.99

REFRIGERATOR (WRF989SDAM) • 29 cu. ft. capacity •AccuFresh™ Dual Cooling System • In-Door-Ice® System // INDUCTION RANGE (YWFR710H0AS) • 6.2 cu.ft.Capacity • Four Induction Boost elements • TimeSavor™ Plus True Convection

REFRIGERATOR REG. $3099.99 SAVE: $400 SALE PRICE: $2799.99

RANGE REG. $1899.99 SAVE: $100 SALE PRICE: $1799.99

SAVE THE HST ON ALL CLEARANCE ITEMS FROM NOW UNTIL SUNDAY

prestige
HOME FURNISHINGS & APPLIANCE GALLERY

1344 Youville Drive, Orléans
613.824.3300
www.prestigefurniture.com
Like us! /prestigeorleans

* Cannot be combined with any other offer. Offer ends March 31st 2014, unless otherwise specified. See store for details and available models.

Monday- Friday 10 a.m. – 8 p.m. || Saturday 10 a.m. – 5 p.m. || Sunday 11 a.m. – 5 p.m.

Burlesque with a side of board games?

'Nerdlesque.' Troupe stripping down for Ottawa's geek scene

LUCY SCHOLEY
lucy.scholey@metronews.ca

A striptease does not normally lead to a quiet board game night.

But a burlesque troupe from Toronto will be shaking their tassels on stage and then sitting down over Clue and other classic games in Ottawa on Friday.

Nerd Girl Burlesque apparently has a devoted following in Toronto and will join the capital city's own "nerdlesque" scene for the first time.

"Everything can be spiced up a little bit with burlesque, including board games," said Ottawa performer Jolie Stripes, as she's known on stage.

Her fellow capital city performers Miss Helvetica Bold and Kamie Lyann will be joining the Toronto troupe.

The first half of the night will be a burlesque show, and then the performers will join the audience for beers and games like Cards Against Humanity and Bananagrams.

And, in case you were wondering, the performers will not be playing stripped down, sexy versions of these games; they'll put on their street clothes.

"We thought the tassels would be distracting," said Stripes with a laugh.

Tassels and Tabletop: Boardgames in Bytowne will be at the Clocktower Brew Pub, at 575 Bank St., on March 14 at 8 p.m. Tickets are $10 at the door.

Miss Helvetica Bold, an Ottawa burlesque performer, will hit the stage on Friday for Tassels and Tabletop. BENJAMIN RIPLEY/FOR METRO

EXPLORE
WATERS LESS TRAVELLED
ONTARIO'S TOP PADDLING ADVENTURES
Explore waters less travelled in Ontario, Canada. With 400,000 lakes and rivers, this land of shining waters offers amazingly diverse paddling experiences including whitewater, rafting, canoeing, kayaking and SUP.
Paddle the lake they call Gitche Gummee and the Lake Superior National Marine Conservation Area. Travel down Canadian Heritage Rivers, like the French and Missinaibi. Paddle Georgian Bay, a World Biosphere, or fly in to spectacular wilderness parks such as Woodland Caribou, Quetico and Wabakimi. Ontario has it all!
FOR FULLY OUTFITTED, GUIDED AND LODGE-BASED PADDLING ADVENTURES VISIT ONTARIOTRAVEL.NET/WATERADVENTURES
ONTARIO
Yours to discover

So It Goes. Ottawa band Hollerado up for Prism Prize for best video

Ottawa's Hollerado has a chance to add Best Canadian Video to its list of achievements, as the band will go up against artists like Arcade Fire, Keys N Krates and Drake for this year's Prism Prize.

It's the best combination of video and music that exemplifies originality, creativity, style, innovation and effective execution that will win the $5,000 grand prize on March 22.

"Film and video are such a powerful medium to tell stories," said Louis Calabro, founder and executive director of the Prism Prize. Calabro suggests that music videos are what a band considers to be their visual esthetic.

"It acts as a calling card for a band, but also helps to build a story for them," said Calabro.

Hollerado is up for their video for So It Goes, which tells the story of one of the member's grandfathers who fought in the Dutch Resistance during the Second World War. In the music video, director Marc Ricciardelli blends history with present day in a story about forgiveness and redemption, set against the background of Holland's battle sites.

Other names in this year's short list include Young Galaxy, Majical Cloudz, Jessy Lanza, Shad and the Belle Game. Arcade Fire is nominated for two different videos — Afterlife and Reflektor.

"I credit the success of the first year to the jury," added Calabro. The music videos are chosen and voted on by a jury of over a hundred professionals in the music and film industry. Judges range from filmmakers and broadcasters to film festival curators and music program hosts.

"They are looking for something that inspires them or makes them see something different about music videos," said Calabro.

TANYA KIRNISHNI/FOR METRO

Ottawa's Hollerado is up for this year's Prism Prize for best canadian video. CHRISTIAN JAGGI/LISTEN HARDER

Top editor at Russian online news site axed

Galina Timchenko. Fired by the site's billionaire owner after official complaints over Ukraine coverage

The owner of a leading independent Russian news website has fired its chief editor following official complaints over the outlet's coverage of Ukraine.

Lenta.ru says Alexander Mamut, who also owns several other media outlets, dismissed Galina Timchenko on Wednesday. She will be replaced by the former editor of a staunchly pro-Kremlin website. The Lenta.ru editorial team said in a statement that Timchenko's removal marked a further decline in media freedom. "The firing of an independent chief editor and the appointment of a malleable person — this is a violation of the law on mass media, which rules out any censorship," said a statement by workers. THE ASSOCIATED PRESS

"Extremist material"

The website had received a warning from a state communications regulator over an interview with radical Ukrainian nationalist Andriy Tarasenko, who had engaged in anti-government protests. The regulator said the website breached a law banning dissemination of extremist material.

Marching for Berkin Elvan

A demonstrator strikes a defiant pose in Istanbul, Turkey, Wednesday as riot police use water cannons and teargas to disperse thousands of people marching for Berkin Elvan, a Turkish teenager who died after remaining in a coma since being hit in the head by a tear gas canister fired during summer protests in Turkey. EMRAH GUREL/THE ASSOCIATED PRESS

Harsh snowstorm hits Kashmir

Unusually heavy snowfall has unleashed avalanches and collapsed homes in the Himalayan region of Kashmir, killing at least 14 people on both sides of the de-facto border between India and Pakistan, officials said.

Ten died in the Indian-controlled portion of the territory, police said, while Pakistan's military reported another four dead in an avalanche on that side of the border.

On the Indian side, dozens were evacuated from high-risk areas Wednesday, after avalanches killed two Indian army soldiers camped in the Kargil region and another three Nepalese labourers working near the heavily militarized Line of Control.

Another five people were killed when dozens of homes crumpled under the weight of snow in the southern Kulgam and Shopian areas on the Indian-controlled side, police officer Imtiyaz Hussain said. Pakistan's military said an avalanche killed four soldiers late Tuesday near the northern district of Astore. THE ASSOCIATED PRESS

Unusually heavy snowfall has unleashed avalanches in Kashmir. THE ASSOCIATED PRESS

THE OUTDOOR + ADVENTURE TRAVEL SHOW
MARCH 15–16
EY CENTRE NEXT TO THE AIRPORT
SAT. 10AM – 6PM SUN. 10AM – 5PM
FEATURING...
BODYBREAK'S HAL JOHNSON + JOANNE MCLEOD
ANGRY PLANET'S GEORGE KOUROUNIS
BUY THE LATEST GEAR
PLAN YOUR NEXT ADVENTURE
BE INSPIRED BY SEMINARS
BMX BIKE STUNT SHOW
PADDLESPORTS DEMO POOL
KIDS' ROCK WALL + ZIP LINE
PARKOUR SHOW
AND SO MUCH MORE...
$12 TICKETS AT THE DOOR
KIDS 17 & UNDER ENTER FREE!
ONTARIO Yours to discover
COME IN FOR THE DAY. GET OUT FOREVER!
ADVENTUREOTTAWA.CA
@ADVENTUREOTTAWA #ADVENTUREOTTAWA /ADVENTUREOTTAWA
THE OUTDOOR + ADVENTURE TRAVEL SHOW
ADVENTUREOTTAWA.CA
MARCH 15–16
EY CENTRE NEXT TO THE AIRPORT
2 FOR 1 ADMISSION
Two people can enter for the price of one ticket all weekend with this coupon or get the same deal at adventureottawa.ca
Kids 17 & under are free!
Special offers can't be combined. No cash value. Not for resale.

Canada looks to copy Aussie domestic brand

Made in Canada. A committee will be struck to make recommendations about branding for Canada

From those ubiquitous UGG boots to kayaks and cherries, a little green logo featuring a kangaroo has told Australian consumers what's been made or grown by their country for nearly 30 years.

Now the Canadian government is looking to the Australian Made campaign as a model for a domestic branding exercise here. This year's federal budget promised a private-sector steering committee would be struck to make recommendations about a formal Made in Canada system.

The committee is expected to number around six people, composed of marketing experts and figures from various major industries, says a government source. Although the government is kick-starting the idea, the source said the campaign would ultimately be funded within the private sector.

The Competition Bureau already oversees country-of-origin rules that prohibit Canadian manufacturers or producers from making false claims about their products. An item that claims to be "Made in Canada" must have had its last transformation in Canada, and 51 per cent of the production costs incurred here. A "Product of Canada" means 98 per cent of the costs of producing the good happened in Canada.

Finance Minister Jim Flaherty recently travelled to Australia to talk to the people running their branding campaign. THE CANADIAN PRESS

'Australian Made'

"By and large our standards are high, our healthy, clean, green environment is very desirable, particularly into Asia."
Australian Made CEO Ian Harrison

One more wallop of snow to make us happy

A woman shields herself from blowing snow on Clifton Hill in Niagara Falls, Ont. during a snow storm Wednesday. Police were reporting numerous collisions as much of southern Ontario endured a wintry wallop. Environment Canada says the snow is the result of a low pressure system from Indiana tracking south of the Lower Great Lakes. AARON LYNETT/THE CANADIAN PRESS

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (10 LEVELS)

April 15 to July 5, 2014

Evenings: 6 pm to 9 pm (10 Levels)
Saturdays: 9am to noon (7 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

April 15 to July 5, 2014

Evenings: 6 pm to 9 pm (6 Levels)

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

March 24 to April 17, 2014

Levels 1, 3 and 5: 12:30 to 3:30pm
Levels 2, 4 and 6: 9am to noon

April 28 to May 23, 2014

Levels 1, 3 and 5: 9am to noon
Levels 2, 4 and 6: 12:30 to 3:30pm

FEES: $35.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191

CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST
Le meilleur conseil qu'on puisse vous donner

ÉDUCATION PERMANENTE

www.educationpermanente.ca

Jules Verne? From deep underground, a Brazilian diamond tells us a story

Jules Verne was on to something.

In his classic 1864 adventure story Journey to the Centre of the Earth, the French novelist imagined a vast ocean deep within the planet's bowels. University of Alberta scientists have found the first direct evidence that he wasn't far off.

"The original idea is a Jules Verne idea, isn't it?" laughs geologist Graham Pearson. "One hundred years later it turns out to be pretty much true — except you can't really stand around and see the water."

In a paper published in the journal Nature, Pearson and his co-authors describe how a Brazilian diamond originating at least 400 kilometres down has yielded the only surface sample ever found of a deep-Earth mineral and provides the first concrete proof for a long-held theory about how the planet works.

"We found it by accident," Pearson says. "It was really a bit of blue-sky research."

Pearson's lab studies diamonds. One of its scientists was trying to date a stone from a region of Brazil where the gems are known to have originated in a so-called transition zone between the Earth's upper and lower mantle, between 400 and 600 kilometres deep.

The researcher found a mineral inside the diamond, but couldn't identify it. He was about to move on when one of his colleagues walked in and realized it was ringwoodite.

"That was a eureka moment."

Ringwoodite is only stable at pressures deep underground. THE CANADIAN PRESS

Ringwoodite

Researchers have long suggested that minerals such as ringwoodite have the ability to store water molecules locked within their crystal structure. Pearson and his colleagues, for the first time ever, had a chance to look inside an actual sample.

- Sure enough, their tiny chip of ringwoodite was about one per cent water by weight.

Web's creator

Bill of rights sought for Web

The British inventor of the World Wide Web wants a digital bill of rights to protect Internet users from surveillance. Speaking on the 25th anniversary of his creation, Tim Berners-Lee says he hopes to spark a global conversation about the need to defend principles that have made the Web successful.

He told the Guardian newspaper that the Web was under increasing attack by governments and corporate interests. He said the system needed an online Magna Carta, or foundation of rules, to protect its openness and neutrality. THE ASSOCIATED PRESS

Guardian vs. the Prince

Paper wins battle on Charles letters

Britain's Guardian won a court battle Wednesday in its efforts to disclose letters by Prince Charles — a decision the newspaper argues could shed light on whether he meddled in politics. THE ASSOCIATED PRESS

NEW

fido

Customer service tailored to your needs

Fido is always here to help. Now you can schedule a **Fido Check-In** appointment and get up to 30 minutes of one-on-one attention with a representative who's familiar with your account and is ready to answer your questions.[1] It's one more way to show you we care.

1. To book a **Fido Check-In** appointment, go to **fido.ca** and click on My Account.
2. Select the subject you'd like to discuss. For example:
   - **Billing**
   - **Data Usage**
   - **Travel**
   - **FidoDOLLARS**
   - **Device Inquiries**
3. A representative who's familiar with your account will call you on a day and time that suits you.

Another Fido ADVANTAGE

Fido Check-In NEW • LiveANSWERS™ • FidoDOLLARS™ • Tab24

Learn more: **fido.ca/Check-In**

Offers subject to change without notice. **1.** Not offered with Prepaid service. Only the account holder is authorized to book an appointment. Schedule varies; visit **fido.ca/check-in**. © 2014

Deadly explosion levels two

Hell up in Harlem.
At least three dead, many others injured after gas leak triggers massive blast

Three people have died after a gas leak caused an explosion Wednesday morning, collapsing two Manhattan buildings, officials said. At least 27 people — including three children — were injured and at least nine individuals are still missing.

New York Mayor Bill de Blasio's administration confirmed late Wednesday that officials are still treating two serious, life-threatening injuries and five serious but non-life-threatening injuries. Twenty others suffered minor injuries.

Two of the three deaths are confirmed to be women. Doctors at Mt. Sinai Hospital confirmed that they treated three children from the incident.

De Blasio arrived at the scene in the early afternoon and thanked the first responders, describing it as an incredibly fast response while cautioning that the situation was still developing.

"This is a tragedy of the worst kind because we had no indication so that we could save people," de Blasio said. He declined to give any numbers of how many are missing, but said police had a list of people they are tracking down.

"Suffice it to say that every effort is being expended to locate every one of these individuals," de Blasio said.

METRO WORLD NEWS IN NEW YORK

Quoted

"I thought it was a bomb. It sounded like a bomb. I immediately thought of 9/11. We just saw people running, running, running. It was just a scene from 9/11."

Sandra Suro, who lives nearby on 115th Street and Madison Avenue

Nearby residents react

'It blew me out of my bed'

Nearby residents were literally shaken up by the explosion and building collapse that rocked Harlem Wednesday morning, and they described the scene to Metro.

"It blew me out of my bed," said Jay Virgo, 30, who lives in a building across the street. Virgo said she saw four or five people lying on the ground outside looking "lifeless."

Joseph Thomas said, "It took out the windows and there was stuff flying around in the air. It shook the whole building like a bomb."

Reinaldo Rosario, 48, was waiting to hear about his girlfriend's brother, who lived in the building that collapsed.

"I'm shaking," he said.

A member of the NYPD gestures as emergency personnel respond.
ANDREW BURTON/GETTY IMAGES

"(The explosion) was loud. I thought it was our building because the building shook."

Even Molley Mills, 45, said she looked outside and saw smoke billowing in the air.

"The helicopters turned up and sirens were going everywhere — it was just crazy," she said. ANDREA PARK/METRO WORLD NEWS IN NEW YORK

New York firefighters respond to a five-alarm fire and building collapse in explosion were heard before the collapse of two multiple-dwelling buildings

New York buildings

the Harlem neighbourhood of New York City on Wednesday. Reports of an that left at least three dead and many injured. ANDREW BURTON/GETTY IMAGES

Hitting home

New Yorkers hear echoes of Sept. 11 in Harlem blast

JESSICA SMITH CROSS
Metro in Toronto

Since a pair of apartment buildings exploded in East Harlem Wednesday morning, everyone Metro New York reporter Anna Sanders has talked to has said it's brought up a lot of their fears related to Sept. 11, 2001.

Sanders said the explosion wasn't related to terrorism, but before people knew that, there was chaos in the area. "People were running, crying," she said. "There was smoke everywhere and no one knew what was happening."

"As you can imagine, any time this happens in New York City, people think back to 9/11," she said. "At least two people's lives were lost and that's tragic in and of itself. This isn't the scale of 9/11, but it obviously hits home in the city because of Sept. 11."

Sanders arrived at the site about an hour-and-a-half after the explosion on Wednesday morning, after making calls to find out what had happened.

"I was about a block away," she said. "I saw a lot of smoke. It was very chaotic. There were a lot of first responders trying to battle the fire still."

Sanders described the neighbourhood where the buildings exploded — East Harlem, or Spanish Harlem — as a nice place where local residents tend to have ties to the community.

Flight MH370. Satellite images show suspected debris from missing plane

Satellite images on a Chinese government website show suspected debris from the missing Malaysia Airlines jetliner floating off the southern tip of Vietnam, China's Xinhua News Agency reported Wednesday.

The revelation could provide searchers with a focus that has eluded them since the plane disappeared with 239 people aboard early Saturday.

The report said the images from around 11 a.m. on Sunday appear to show "three suspected floating objects" of varying sizes, the largest about 24 metres by 22 metres.

The report includes co-ordinates of a location in the sea off the southern tip of Vietnam. The images originally were posted on a national defence technology website.

The search for the plane, which left Kuala Lumpur for Beijing before disappearing early Saturday, has encompassed 92,600 square kilometres of Southeast Asia and on Wednesday expanded toward India.

It was also revealed Wednesday that the last message from the cockpit of the missing flight was routine: "All right, good night" was the signoff transmitted to air traffic controllers five days ago.

Then the Boeing 777 vanished as it cruised over the South China Sea toward Vietnam, and nothing has been seen or heard of the jetliner since. THE ASSOCIATED PRESS

The Indonesian National Search and Rescue Agency performs a search for the missing Malaysia Airlines plane off Sumatra Island on Wednesday.
HERI JUANDA/THE ASSOCIATED PRESS

At home, legacy goes both ways

Some people searched their souls while politicians offered glowing tributes and flags flew at half-staff.

Meanwhile, one survey suggested that 42 per cent of Canadians were oblivious to the fact their soldiers were still working in a war-scarred land.

There was much ambivalence and some outright avoidance in Canada on Wednesday as the last 100 Canadian Forces soldiers on duty in Afghanistan saw their mission formally come to an end.

The Canadian Press Harris/Decima poll released Wednesday showed two-thirds said it was too soon to call the decade-plus military involvement a success or failure.

"I'm reminded how impatient we all are. We're always keen to change the channel, and some things take a long time," said John Manley, the former Liberal cabinet minister who chaired the Conservative-led panel on the way forward in Afghanistan at the height of the Canadian bloodshed in 2008.

"Taking on the renovation of a country like Afghanistan, that's about as long term a project as you could find."

The poll also found that in the future, 74 per cent favoured Canada taking part in peacekeeping missions, rather than "military engagement."

Fen Hampson, director of global security at Waterloo, Ont.'s, Centre for International Governance Innovation, said polls like Wednesday's and similar ones in the U.S. reflect the public's fatigue on Afghanistan.

"The poll seems to suggest it's the mission Canadians want to forget," he said.

THE CANADIAN PRESS

The army takes down the Canadian flag for the last time in Afghanistan on that cost the lives of 158 soldiers. MURRAY BREWSTER/THE CANADIAN PRESS

12 years a

As the Canadian flag inched its way down the pole Wednesday at NATO headquarters in Kabul, Master Cpl. Jordan Taylor didn't necessarily see the red and white Maple Leaf.

The faces of friends who didn't come home were before his eyes.

Taylor is a fresh-faced kid from Regina, and anyone looking at him would hardly be able to guess he's a veteran of a unit that saw some of the fiercest fighting during the five-year combat mission in Kandahar.

"I've had some good friends who've lost their lives here," said Taylor, who helped haul down the flag on Canada's longest-ever military mission.

"I see their faces all the time; always remember them. So, that's what I was reflecting on," said Taylor, who helped haul down the flag on Canada's longest-ever military mission.

The wounds this country has inflicted were on quiet, subtle display at the understated ceremony before the headquarters building.

Sprinkled through a crowd of three dozen Canadians who stood at attention were troops who'd returned to Afghanistan three, four, even five times in the dozen of years the army has been involved in trying to stabilize the fractured nation.

The finality of what took place was only underscored as the last handful of training troops, kitted out in full combat gear, trudged through a soccer field adjacent to the headquarters to board American helicopters for a trip to a holding camp before boarding flights out of the country.

The last pair of Canadian boots to step off the grounds of the headquarters and on to the ramp belonged to Col. Ivy Miezitis, who, according to officers watching the departure, seemed to dawdle in hopes of snagging the historical footnote.

During the understated ceremony, dignitaries — Canadian and allied alike — praised the country's involvement and sacrifices.

The war cost the lives of 158 soldiers, one diplomat, one journalist and two civilian contractors.

"We can wish that the families of the fallen do not lament their fate, but we know that this is not the case. The only small comfort comes from the knowledge that the sacrifices of lost loved ones has been worthwhile, that

FASTER.
FURTHER.
SUPERIOR
Wi-Fi.
GET SUPERIOR INTERNET WITH OUR NEW
ADVANCED Wi-Fi MODEM
THE FASTEST AND FURTHEST REACHING.[1]
• Enjoy a consistently fast signal throughout your home – on the Rogers Hybrid Fibre Optic Network
• PC Magazine names Rogers "Fastest Internet Service Provider in Canada"[2]
• Rogers most popular hi-speed Internet products are independently tested to deliver 100% of our Internet speeds[3]
PC Fastest ISPs Canada 2013
GET AN EXTRA
100GB†
OF INTERNET DATA WHEN YOU SWITCH TO A 3-PRODUCT BUNDLE
TV, INTERNET, HOME PHONE
$88.49/mo: for 6 months
$118.54 for months 7-24
$138.57 for months 24-36
Includes all monthly fees.
CALL 1 888 ROGERS1
CLICK rogers.com/WiFi
VISIT your local Rogers retail store
LIVE LIKE NEVER BEFORE™
ROGERS™

Offer only available within Rogers cable service area (where technology permits) and subject to change without notice. †Offer available with eligible 3-product bundles. Bundle must include the following in-market services: (a) Internet (Express, Extreme or Extreme Plus tiers only with D3 or Advanced Wi-Fi modem) and TV (Digital Basic or higher); or (b) Internet (eligible tier) and Wireless (min. $30 monthly service fee). Home Phone Essentials or higher required if selected as third service. *Taxes extra. An installation charge of $49.99 and activation fee of $14.95 also apply. Regular monthly rates (including modem rental) for each service will apply after 36-month promotional period and are subject to change. If NextBox rent to own option is not selected, regular NextBox rental rates will also apply after 36 months. Package includes Digital Plus TV (including NextBox 3.0 HD PVR rental), Extreme tier Internet (including modem rental) and Home Phone Deluxe. TV portion includes monthly Digital Service Fee of $2.99 and, where applicable, CRTC Local Programming Improvement Fund Fee (LPIF) of 0.5% of the recurring TV monthly service fee. Home Phone portion includes $0.19 Message Relay Service Fee and $0.53 NB Government 9-1-1 Fee. Long distance and additional features extra. **1** Based on September 2013 study from Allion Engineering Services USA comparing in-home Wi-Fi modems offered by major ISPs within Rogers cable footprint. Speed may vary with internet traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. **2** According to a report by PCMag.com published on September 18, 2013. Refer to www.pcmag.com/article2/0,2817,2424462.00.asp for more info. **3** Certified by SamKnows Limited as of August 2013. Available on the following packages (download x upload): Lite (6 Mbps x 0.256 Mbps), Express (25 Mbps x 2 Mbps), Extreme (35 Mbps x 3 Mbps), Extreme (Atlantic only) (30 Mbps x 10 Mbps), Extreme Plus (45 Mbps x 4 Mbps) and Ultimate (150 Mbps x 10 Mbps). ©2014 Rogers Communications.

Wednesday, bringing an end to 12 years of military involvement in a campaign

mission

they made a difference, and that their grief is shared by a grateful nation," said Canada's ambassador to Afghanistan, Deborah Lyons.

Canadian commandos, hunting al-Qaida, were the first troops to hit the ground in late 2001 and they were followed by as many as 40,000 more rotating through different campaigns, including the five-year combat mission in Kandahar.

British Lt.-Gen. John Lorimer, the deputy commander of NATO in Afghanistan, said the Canadians "repeatedly proved their courage and capability" alongside coalition and Afghan troops, especially in Kandahar "where you not only fought hard, but you fought smart."

Calling it the end of a significant era, Lorimer said he viewed the departure of the Canadians with "mixed emotions" given the shared experiences of the last 12 years.

"I am sad to see you return home, yet grateful for opportunity to have served alongside such great Canadian leaders along the way," he said.

The country's top military commander, Gen. Tom Lawson, spoke about how the government will rally around its veterans now that they're home.

"We will gather around and continue to support those who suffer from wounds both seen and unseen," Lawson said in a reference to the suicide crisis that has gripped the military since last fall.

The Defence Department has acknowledged that as many as 10 soldiers — possibly more — have taken their own lives since November.

Officials have also faced repeated questions about promises to hire more military mental health staff, to deal with an expected wave of post traumatic stress cases, have gone unfulfilled.

The last Canadian commander, Maj.-Gen. Dean Milner, said the mission taking place over the last three years has been invaluable preparation for the Afghan army, but the progress made is not irreversible and the West needs to continue nurturing both military and civilian institutions.

Ambassador Lyons said Canada will remain engaged in Afghanistan and the focus will be on helping build the ruined nation's economy, particularly in the resource sector.

THE CANADIAN PRESS

Idaho hockey fans

Beer cups prompt suit against arena

A handful of Idaho hockey fans sued a Boise arena on Tuesday, saying they were duped into thinking a $7 beer contains more brew than a $4 beer.

The lawsuit says CenturyLink Arena, home of the Idaho Steelheads hockey team, defrauded customers by charging $3 more for a tall, narrow cup advertised as a "large" that actually holds the same amount of beer as the shorter, wider cup described as a "small."

Arena spokesman Mike Campbell said he hadn't yet seen the lawsuit and can't comment.

Four fans filed the suit Tuesday in Boise's 4th District Court against Block 22 LLC, which does business as CenturyLink Arena.

THE ASSOCIATED PRESS

Quebec inquiry

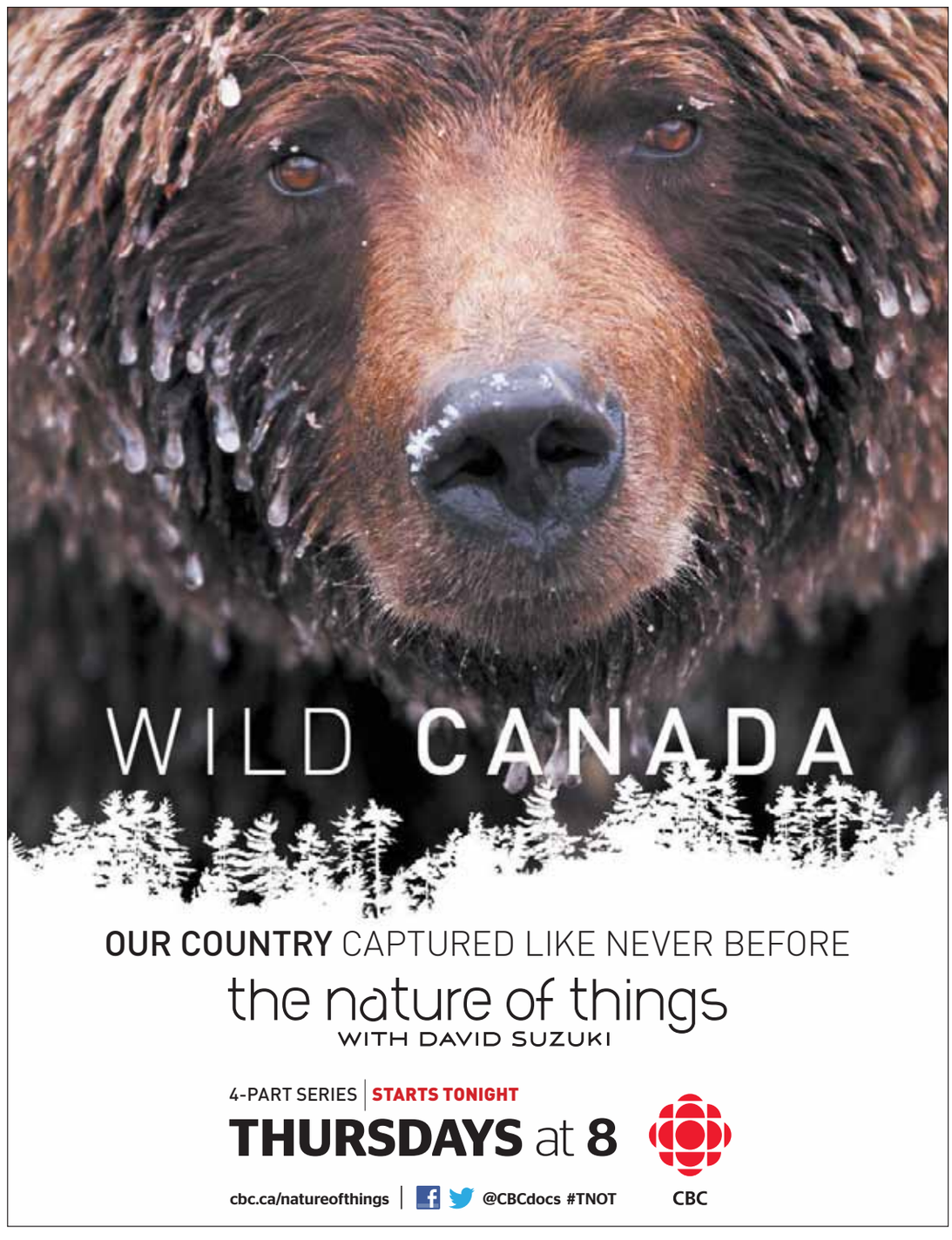
Investigator: Mafia took profit cuts from developers

The Mafia usually didn't invest a dime in construction and real-estate deals, but they still walked away with a profit when the projects were finished, Quebec's corruption inquiry heard Wednesday.

The Charbonneau Commission is tackling the reach and role of the Mob in major real-estate deals and the influential role played by late Mafia boss Vito Rizzuto in at least one such project.

Investigator Eric Vecchio said Rizzuto and other mobsters were never frontline players with a financial stake. Instead, they acted as consultants and deal-brokers while they picked up a piece of the profits.

THE ASSOCIATED PRESS



Independent Quebec will keep using loonie: Marois

Quebec Premier Pauline Marois, left, listens to treasury board chair Stéphane Bédard, Wednesday in Quebec City. CLEMENT ALLARD/THE CANADIAN PRESS

Currency discussion hypothetical for now.

Recent polls suggest support for sovereignty in the province barely reaches 40 per cent

An independent Quebec would keep using the Canadian dollar and ask for a seat at the Bank of Canada, Parti Québécois Leader Pauline Marois said Wednesday.

Marois told reporters at a campaign stop that Canada would benefit from having a sovereign Quebec maintain its ties to the loonie and the central bank.

However, the leader of the province's independence movement acknowledged there would be no guarantees on how much influence a Quebec country would have with the Bank of Canada.

"We could wish to have a seat at the Bank of Canada, but we accept the fact it is the bank's monetary policy that would apply," Marois said as she campaigned for the April 7 election.

Marois's remarks reiterated the PQ's long-held position that Quebec would continue to use the Canadian currency if it secedes. She pointed out that European countries share the euro even though they are independent.

Marois tried to make the case for an independent Quebec to remain on the central bank's governing council, arguing it would benefit Canada because her province has a large economy.

"We have an economy that is a rich one," said Marois.

"We have a lot of consumers. We have a lot of business organizations on our territory and I think it is important to have a place at this level (the Bank of Canada). But if it is not the case, we will see."

THE CANADIAN PRESS

Toronto's mayoral race.

Olivia Chow resigns as MP in bid to unseat Ford

Olivia Chow resigned her seat in Parliament Wednesday to launch her bid to replace Rob Ford as mayor of the country's largest city, filing her nomination papers hours after her resignation.

She is expected to hold her campaign kickoff Thursday in the inner city neighbourhood of St. James Town, where she grew up. Her campaign is expected to stress her personal story, growing up in Toronto as the daughter of struggling immigrant parents.

THE CANADIAN PRESS

Olivia Chow

TORSTAR NEWS SERVICE

It's a girl, a girl and a girl

Triple fun for Saskatoon parents

The odds say there's about a million-to-one chance of it happening. Teri-Lynn and Andrew Pocha of Saskatoon have become the shocked but proud parents of identical triplet girls.

Aubrey, Madeline and Sophie came into the world Monday at Saskatoon's Royal University Hospital. All are around four pounds.

The babies have blue eyes and light-brown hair, and the parents say they will paint their toenails different colours to tell them apart. THE CANADIAN PRESS

CHEVROLET FUELED UP

NOW YOU SAVE EVEN MORE ON GAS.
OUR MOST FUEL EFFICIENT LINEUP EVER†
PLUS A GAS CARD.

0% FINANCING FOR 84 MONTHS/LEASING FOR 60 MONTHS ON SELECT MODELS‡‡/▼

40¢ OFF/LITRE GAS CARD ON ALL MODELS¥

FULLY LOADED WITHOUT UNLOADING YOUR WALLET.

2014 EQUINOX LS AIR & AUTO

$139 @ 0%

LEASE BI-WEEKLY FOR 48 MONTHS▼ $2,079 DOWN PAYMENT. $0 SECURITY DEPOSIT. INCLUDES FREIGHT, PDI & LEVIES.

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH® WITH USB
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS REAR SEAT LEGROOM♠
- SIRIUS XM RADIO™
- BETTER HWY FUEL ECONOMY THAN ESCAPE, RAV4 & CRV¥¥

40¢ OFF/LITRE GAS CARD

EQUINOX LTZ SHOWN††

ALL CHEVROLETS INCLUDE CHEVROLET COMPLETE CARE

COMPLIMENTARY OIL CHANGES	2 YR/40,000 KM**
NEW VEHICLE LIMITED WARRANTY	3 YR/60,000 KM▲
POWERTRAIN WARRANTY	5 YR/160,000 KM▲
ROADSIDE ASSISTANCE	5 YR/160,000 KM▲
ONSTAR® STANDARD	6 MONTHS

TO GUARANTEE OUR QUALITY, WE BACK IT 160,000-KM/5-YEAR POWERTRAIN WARRANTY▲

▲Whichever comes first. See dealer for limited warranty details.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

ONTARIOCHEVROLETDEALERS.COM

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 60/60 month lease for 2014 Chevrolet (Cruze LS 1SA/Equinox LS FWD 1LS). Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade of $0/$2,079 and/or $0 security deposit is required. Total obligation is $11,206/$16,585. Option to purchase at lease end is $6,510/$11,230. Excess wear and tear and km charges not included. Other lease options available. ▼/***Freight & PDI ($1,600/$1,600), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ©2014 Equinox 2LT equipped with the True North Edition are eligible to receive an $800 MSRP credit equal to the MSRP of the Perforated Leather Seating Option (AFL/AFN/AFM). Factory order or dealer trade may be required. Offer available to units purchased/delivered from March 1 to March 31, 2014. ♠Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. ¥¥2014 Chevrolet Equinox FWD equipped with standard 2.4L ECOTEC® I-4 engine. Comparison based on Natural Resources Canada's 2014 Fuel Consumption Guide. ††2014 Equinox LTZ FWD, MSRP with freight, PDI & levies $37,539. Dealers are free to set individual prices. †Based on GM testing in accordance to Government of Canada test methods ‡‡0ffers valid for delivery dates between March 1st and March 31st, 2014; participating lenders are subject to change. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank or RBC Royal Bank for up to 84 months on an eligible new or demonstrator 2014 Chevrolet Cruze, Sonic, Camaro (excludes Z28), Silverado HD 2500/3500, Tahoe and Suburban. Terms vary by model. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: 2014 Chevrolet Cruze LS MSRP including freight, PDI & levies is $17,639 at 0% APR, the monthly payment is $209.99 for 84 months. Cost of borrowing is $0. Total obligation is $17,639, plus applicable taxes. Offer is unconditionally interest-free. License, insurance, registration PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ¥Retail and basic fleet customers who purchase or lease an eligible Chevrolet, Buick or GMC delivered from dealer stock between March 1, 2014 and March 31, 2014 will receive one 40¢ savings per litre fuel card (fuel savings card) upon payment of an additional $.01. Cards valid as of 72 hours after delivery. Fuel savings card valid for 800 litres of fuel purchased from participating Petro-Canada retail locations (and other approved North Atlantic Petroleum locations in Newfoundland) and not redeemable for cash except where required by law. GM is not responsible for cards that are lost, stolen or damaged. GM reserves the right to amend or terminate this offer and/or the program for any reason in whole or in part at any time without notice. Petro-Canada is a Suncor Energy business™ Trademark of Suncor Energy Inc. Used under licence. Cards are property of Suncor Energy. To protect your card balance, register online at www.petro-canada.ca/preferred today. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 kms, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details

Goodbye tip jar, hello tip app

A Starbucks payment app is shown on a smartphone. The coffee chain will soon let customers leave tips with its mobile-payment app. The mobile tipping option will be available on its updated app for iPhones starting March 19. The rollout comes as the company's app has surged in popularity, with roughly one out of every 10 purchases now made with a mobile device. After paying with the app, Starbucks says customers will be able to leave a tip of 50 cents US, $1 US or $2 US any time within two hours of the transaction. The tipping option will only be available at the 7,000 of the roughly 11,000 Starbucks locations in the U.S. that are owned by the company. GRAEME ROY/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Housing market not overheated?

Report. Economist goes against the grain, claiming current house prices are fairly valued, or even undervalued

A new report into Canada's hot housing market is trying to calm fears of a coming collapse in prices, saying the biggest threat to home valuations may be government meddling with mortgage rules.

The paper by economist Will Dunning, who runs a real-estate market research firm in Toronto, says Canadians have been mostly prudent investors in housing and that the market can absorb either higher prices or a one per cent hike in interest rates.

Rather than being overvalued, house prices in Canada are fairly valued and may even be undervalued, he says.

The paper was released Wednesday on the same day the Teranet-National Bank composite price index rose to a new all-time high, showing home prices in Canada increased 0.3 per cent in February. Last year, the OECD declared Canada's housing market the "most over-valued" in the world after noting that the price-to-rent ratio — which compares the total cost of ownership against renting a similar property — had ballooned to 88 per cent above the historic average.

THE CANADIAN PRESS

Begs to differ

- The Bank of Canada and our government have warned about an overheated housing market for several years, arguing that once interest rates start rising, the roof will cave in for some home buyers.
- The Organization for Economic Co-operation and Development has also pointed to Canada as having the world's most overvalued housing market.

Market Minute

DOLLAR
89.96¢ (-0.11¢)

TSX
14,319.00 (+51.77)

OIL
$97.99 US (-$2.04)

GOLD
$1,370.50 (+$23.80)

Natural gas: $4.49 US (-$0.11)
Dow Jones: 16,340.08 (-11.17)

Is Herbalife a pyramid scheme? The FTC in the U.S. is looking to find out

Hedge fund manager Bill Ackman has won a round in his 15-month fight against supplements and weight-loss products maker Herbalife. The direct seller's shares tumbled Wednesday after Herbalife revealed that it is being investigated by the Federal Trade Commission for possible "deceptive practices."

Since 2012 Ackman has spent millions waging a public campaign against Herbalife and building up an army of lobbyists, community organizers and members of Congress to push regulators to investigate what he calls a "pyramid scheme."

The FTC is investigating Herbalife.
THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

FOR MORE ON HERBALIFE, READ "HEALTH PRODUCTS COMPANY OR PYRAMID SCHEME?" ON METRONEWS.CA

We are growing, together
Nous grandissons, ensemble
The Newcomer Information Centre is now co-located within our central Employment Access Centre.
L'Infocentre du nouvel arrivant est maintenant colocalisé avec notre Centre d'accès en emploi central.
Join us at our Open House Celebration!
Wednesday, March 19
1PM-3PM
Taggart Family Y
180 Argyle Ave, 4th floor
Joignez-vous à notre célébration portes ouvertes !
Le mercredi 19 mars
13h – 15h
Y de la famille Taggart
180 ave Argyle, 4e étage
Enjoy guest speakers and light refreshments. All are welcome.
Discours et collations sont à l'horaire. Bienvenue à tous.
RSVP : 613-788-5001 | nic@ymcaywca.ca
YMCA-YWCA of the National Capital Region
YMCA-YWCA de la région de la capitale nationale
ymcaywca.ca
Citizenship and Immigration Canada
Citoyenneté et Immigration Canada

BACHELORHOOD, DEFINED

HE SAYS

John Mazerolle
metronews.ca

What does it mean to be a bachelor?

I've always considered myself a bachelor, from the tip of my cowlick to the bottom of my mismatched socks. Yet I've had a girlfriend for months now.

Must I turn in my bachelor's card? Am I something else now?

I refuse to believe that. To me, bachelorhood is so much more than whether I'm dating. What would that mean for my lack of cooking, my avoidance of cleaning my apartment, my inability to plan?

I'm not just the person I date; I'm all the things I don't do, too.

Being a bachelor is a state of mind. Some might argue that state of mind is "lazy jackass," but you can be a very nice bachelor, no matter what TV's The Bachelor might teach us.

It's about being comfortable with who we are. It's about accepting that we will always screw up the laundry, the date, the meal. Because if we didn't accept it with a grin, we'd go mad.

While ruminating on this definition of bachelor, it occurred to me that there are many bachelorhood terms and slang that help define the world we live in. I then created a list of definitions so that you might understand me and my people.

Earning Your Bachelor's Degree: A Bachelorhood Glossary

Bache-lor: Superhero known for his Blu-ray vision, imperviousness to mould, and ability to read entire Calvin and Hobbes collections during a single toilet sitting.

Bachelor-hood: A community within a city that has curbside garbage comprised of at least 90 per cent pizza boxes.

Bachelor party:

1) Four or more bachelors on one couch playing Xbox.

2) A party for an engaged man whose friends attempt to show him the worst, most abusive time possible, often in preparation for what his marriage will be like.

Bachelor shower:

1) Applying deodorant or cologne in lieu of a shower.

2) Taking an actual shower for approximately 40 minutes until the water runs cold and the bathroom is steamier than a Shannon Tweed VHS intro.

Bathroom: Room for building online-dating photo portfolio.

Bed-making: Something done once, usually with an Allen key.

Bedroom: Walk-in hamper.

Carpet: Bache-lor's greatest enemy, absorber of stains and hurler of vicious static electricity.

Confirmed bachelor: Guy you can clearly see is wearing two different socks.

Diet: Only using half the icing on a Toaster Strudel.

Home cooking: Take-out from any restaurant within 500 metres of where you live.

Kitchen: Hallway to garbage can.

Muffin top: The laundry at the top of the hamper that pours out of the top and gets washed repeatedly, as opposed to the Muffin stem of clothes that sits at the bottom of the hamper for all eternity.

Snow (also 'base' or 'wacky dust'): Street slang for Carnation Instant Breakfast Powder Drink Mix.

Spring cleaning: Taking the Slinky into the shower.

And that's my small window into the world of the bachelor, whether he's single or not. Speaking of which: If you see my girlfriend, tell her I've been thinking about her while I work on my definition.

ZOOM

Getting to the heart of it

ANDERS PERSSON/WELLCOME IMAGES

Anatomical image scan wins top award

A striking image of a mechanical heart pump inside the patient's chest has been named as the overall winner of the Wellcome Image Awards 2014, a leading competition for medical photography. The picture was captured by Anders Persson, a pioneer in using colour 3D images from scans in clinical practice. **METRO**

Judge's corner

"The juxtaposition of delicate human anatomy with the robust mechanical plumbing parts is dramatic, and the image is rendered so vividly in 3D that it appears to jump out at the viewer."

BBC medical correspondent Fergus Walsh

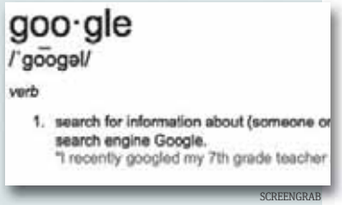
DIY it

- The Swedish scientist used a new scan type known as dual energy computed tomography (DECT) angiography: A patient is scanned with two sources of X-rays at different energies.

Clickbait

IRENE KUAN
Metro Online

The Internet turned 25 this week, and we can thank its inventions for the existence of certain words we use daily. Here is a list of the best words the Internet has given humankind.



SCREENGRAB

Avatar
In computing terms, an avatar is a graphical representation of a user's alter ego, usually used in virtual world games or Internet forums.

Trolling
This is Internet slang to describe a person who tries to upset people online, by posting inflammatory or off-topic messages on forums or websites to deliberately provoke other web readers' emotions.

Meme
In Internet talk, a meme is something that has been built upon or manipulated that spreads from person to person online. Some memes have gone viral on sites like Reddit, 4Chan and Facebook.

Hashtag
A hashtag is a word or phrase prefixed with a hash symbol (#). It is often used for social media or microblogging sites like Twitter and Instagram.

Twitter

@metropicks asked: The web turned 25 March 12. It allows us to binge watch, over share and shop easily. But how has it made our lives more difficult?

@AjokeDare: I always feel like somebody's watching me

@Zaedum: it makes us realise much our everyday lives suck compared to most. #justsaying #imsoboring

@deefontein: Yes, the paradox of choice at it's finest. IE. Spending hours scrolling Netflix choices & watching 0.

@speirsr: Pre-Web,I'd mend a wound.Now,I consult Intrnet for med advice,but become overwhelmd,so let it fester&wait for somethng 2fall off

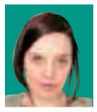
Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro **President** Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** joel.orlik@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

A sound investment

Barrhaven Music Academy. Music school prides itself on only using teachers with credentials



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

The Barrhaven Music Academy Youth Choir. COURTESY ASHLEY MARTYN

The Barrhaven Music Academy started as a home-based music studio with just two teachers five years ago.

Now, it has expanded to a large commercial space, allowing co-owners Nadia Zaid and Ashley Martyn to hire additional teachers and offer a wider variety of lessons.

The school boasts a roster of over a dozen teachers, all of whom have some sort of formal training.

"We're really big on making sure our teachers are well trained and have the education to back it up, whether it's RCM training with the Royal Conservatory or a music degree or education degree," says Ashley Martyn, adding that it makes parents a lot more comfortable when signing their children up for lessons.

"I think it gives them an added comfort to know that their child's teacher has that training under their belt."

The Barrhaven Music Academy offers both one-on-one private lessons in piano, guitar, voice, bass, percussion, violin and music theory as well as group classes, including the popular youth choir program, which offers kids the added benefit of working with other musicians.

"The choir is a way of improving their singing, of course, and their performance, but it's also a way of learning how to interact with other musicians.

If you want to have a career in music, you need to learn how to perform and interact with others and that's really what we try to focus on with the choir," Martyn explains.

And, she says, the variety of lessons makes her school a convenient choice for families.

"We have a lot of families where there are multiple siblings enrolled but they're each taking a different program or course. They have a daughter who wants to learn the piano and a son who wants to play guitar or drums and the fact that we can accommodate that is great."

Martyn is hoping she and the other teachers at the Barrhaven Music Academy can inspire kids seeking a career in music to explore all possible options — like teaching or being a session player — and not just focus on becoming a famous rock star.

"We'll give you the tools to do it, you just have to put the work in."

Online

For more, go to barrhavenmusic-academy.com

visit metronews.ca

metro

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie PHOTOS: GETTY IMAGES

Six kids later, Angelina Jolie is finally taking up cooking

With six kids at home, it might come as a surprise to learn that Angelina Jolie is only now learning how to cook, but there you go. "Angelina took her first cooking class last year. Her lack of cooking abilities was really getting to her, but she's finding cooking has become a great therapeutic exercise," a source tells Radar Online. "Angelina gets a kick out of feeding her kids herself and loves the creative side of it, although she admits she's not quite at that stage where she's confident enough to go 'off recipe' and experiment. But she's working on getting there." So where does a globe-trotting Oscar winner go for cooking lessons? Why, to Munawar Hosain, a member of the Hollywood Foreign Press Association, who has reportedly been giving Jolie regular lessons in preparing Indian dishes at his Beverly Hills home. "Angelina absolutely loves the hands-on instruction," the source says.

Chris Pine to face drunk driving charges in NZ

Chris Pine, known for playing Captain Kirk in the Star Trek movies, has been charged with drunken driving in New Zealand. The 33-year-old American is due to make his first court appearance in the case on Monday, court officials said Wednesday. New Zealand Police said in a statement that a 33-year-old American was charged March 1 with driving with a blood-alcohol level over the legal limit, which in New Zealand is .08 per cent. Police did not name the man, but said he was stopped during a routine early-morning check near the South Island town of Methven. Pine has been in New Zealand filming the movie Z for Zachariah, which is due for release next year.

THE ASSOCIATED PRESS

The Word

A glimpse into Lohan's little black book

MELINDA TAUB
Metro World News in New York

Max George. Heath Ledger. Jamie Dornan. Zac Efron. Justin Timberlake.

All these and more are notches in Lindsay Lohan's bedpost, according to In Touch. Reportedly, Lindsay was hanging out with some friends at the Beverly Hills Hotel on Jan. 30 when she grabbed a pen and started jotting down names — most of whom were very famous and very handsome. "It was her personal conquest list," says a witness. "She was trying to impress her friends with the list and then tossed it aside."

Apparently, in between stints in jail and rehab, Lindsay found plenty of time for amour. The list, which contains at least 36 names, also includes such celebs as J. Phoenix (Joaquin, is that you?), Lukas Haas, Evan Peters, Wilmer Valderrama, Colin Farrell, James Franco, Adam Levine and Garret Hedlund.

I have my doubts about this. Lindsay has mostly been a mess these last few years; it doesn't seem likely that she could have kept these high-status hookups this quiet for this long. (You don't think she would have drunkenly screamed "I hit that" whenever a Justin Timberlake song came on in the club? Because I would have.)

I hope it's true, though, because first of all you go, girl; second of all, almost half the list is blurred out, which suggests there are even bigger, more scandalous hookups on there that we have yet to learn about.

Naomi Campbell

Done with the diva life? Naomi Campbell wants to be a mom

Naomi Campbell is ready to be a mom, and she doesn't mind going it alone. "I do want to have children, whether I have a man or not. I will have it on my own," the supermodel told designer Diane von Furstenberg during a SiriusXM Radio chat recently. Campbell, who broke up with billionaire Vladimir Doronin nearly a year ago, also revealed she was infertile until very recently. "I was not able to have children up until March," she said. "Now it's in God's hands. I would love to have a family."

Twitter

@bobsaget
Good people are hard to come on.

@WhitneyCummings
Watching wedding dances on YouTube for three hours is healthy right?

@KellyOsbourne
On my THIRD laser tattoo removal surgery!!

SATURDAY, MARCH 15 & SUNDAY, MARCH 16

GET BOTH FREE

SHOPPERS DRUG MART® CARD

+

TIM HORTONS® TIM CARD®

WHEN YOU SPEND $75 OR MORE ON ALMOST ANYTHING AT SHOPPERS DRUG MART.*

Visit shoppersdrugmart.ca or the store nearest you for details. *Some conditions may apply.
Offer valid Saturday, March 15 & Sunday, March 16, 2014 only. Shoppers Drug Mart card is valid until April 6, 2014.

THE DOUBLE DOUBLE EVENT

SHOPPERS DRUG MART

She's got unblurred ambition

You know she wants this. Model and actress Emily Ratajkowski chats about balancing her silver screen acting ambitions with putting money in the bank

RICHARD PECKETT
Metro World News

You'll know Emily Ratajkowski as the bodacious beauty from Robin Thicke's Blurred Lines video. She's all nubile flirtation — no top, nude panties, white sneakers and rouged lips temptingly parted — meets wide-eyed pseudo-innocence, playfully skipping and bouncing to the beat.

We watched, gyrated and leered. It was the music world's Fifty Shades of Grey, dividing opinion over its social acceptability: ban it versus give me more. The polarization of opinion is irrelevant; although we all had something to say on the subject, it brought one girl originally cast as a back-up dancer to the fore.

That said, the line between Ratajkowski's current image as sexpot eye candy is at odds with her "Martin Scorsese" acting ambitions. She intends to blur the boundaries between two incongruous worlds through what she refers to as "balance" between the commercial (read: cash-paying) roles and creative career-progressing endeavors.

She has a clear mission statement, but it's one that could be difficult to implement when you consider that she's a YouTube beauty to the tune of more than 276 million views, and now surely commands considerable buck to boogie. It will depend on the success of her upcoming role in director David Fincher's Gone Girl as to whether Ratajkowski can escape that lucrative but vapid music video dance sphere.

Initially, the 22-year-old was reluctant to be cast in the video.

Don't be fooled by her fawn-like appearance. Behind the big brown eyes and ditzy dancing is a girl who, in her words, "is looking to surprise people."
ADAM KATZ SINDING/GETTY IMAGES

Hey, hey, hey!

"For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

"Naked girls dancing around in a music video sounded pretty intense and I didn't want to be pigeonholed as a music video girl after shooting with Maroon 5 in Love Somebody," she says.

It was the video's director who convinced the young model to accept the job, while Thicke, a married man in his mid-30s, took the brunt of the negative barrage for the video's sexist undertones.

Ratajkowski, the current face of fashion retail site Revolve, is keen to avoid being typecast as a gushing airhead despite appearing in the 2014 Sports Illustrated Swimsuit Issue.

"I'm definitely not into that swimsuit model vibe. I like the ballet and I like to see female porn films — I'm a little different in that way, I guess," she asserts.

The British-born model is aware that her topless cavorting could strike discord with Hollywood directors. But as she rightly points out on being cast as Ben Affleck's mistress Andie in Gone Girl, due out this October: "When you're working with director David Fincher [The Social Network, 2010, and The Girl With The Dragon Tattoo, 2011] people definitely do take you seriously." She adds: "I'm doing Sports Illustrated but I'm also appearing in the Spanish fashion magazine S Moda. For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

Of course, the pigeonholing might well be something that she has to contend with for the meantime. However, it makes sense for her to make the break from being desktop dance star to silver screen sensation in order to certify her as a serious acting talent. "I want to establish myself [in the industry] and there are a few things that'll be announced in the next few months that will balance everything out," she says.

The modeling profession wasn't always receptive to Ratajkowski's plans to break into acting — a dream she's had since childhood.

"I told an agency in New York my goals and they said it was only a select group of girls that have that opportunity," she explains.

The timing of the Fincher film might be fortuitous but it seems doubtful that this is the case of a pretty wallflower seizing her 15 minutes of fame.

For her part, Ratajkowski makes it sound like she's always had a career game plan and it doesn't involve selling out for questionable success. "Throughout my childhood I acted, so it was always something I felt passionate about — I just really didn't want to play the mean girl in high school or the cheerleader," she says.

The tough and the topless

The model and her family have the final word on the controversial Ratajkowski (pronounced 'rat-a-COW-ski' — the 'j' is silent) phenomenon.

- When asked what her mother, a feminist and English professor, thought of the Blurred Lines video, she replies, "She thinks it's beautiful and important for women to embrace their sexuality."
- Ratajkowski describes the word feminist as "testy", saying, "People connect a lot of strange things to that word. In general, I really love women and I want them to be treated equally." She continues: "I think some people have a problem with a model, who's done nude work, using the word feminist but I have no problems with saying it."

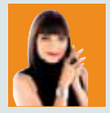
Trends Report

Wouldn't you love a dress that could slim out your silhouette? Go online to Trends Report to see the Chanel outfit actress Keira Knightley wore at a Paris fashion show this month that had the media buzzing about her ultra slim waist.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Excited about my vintage 1938 literary purchase in #Warkworth at Camp Ho-Ba-Chee: " Toby Tyler" featuring Mr. Stubbs!

OMG! Look at the great #HonestEds sign my friend got me today. (Had to stand in line 4 hours for it!) #endofanera

ELLE 3

Florals bloom large once again

New hothouse.
Fashion's haute botanicals and flowers spill off the runway and into decor

After years of simple solids and geometric prints, the lowly flower is making a comeback in decor. Floral patterns have been blooming all over fashion runways in recent months, and they are slowly finding their way back into the world of home decorating, too.

It wasn't long ago that any mention of floral upholstery or wallpaper brought back memories of 1980s cabbage roses, flowery Shabby Chic borders stencilled high on bedroom walls, and suburban homes designed to feel like precious cottages swathed in pink and green.

But today's new patterns aren't your grandmother's florals. And they can be a refreshing antidote to the minimalist patterns that have dominated home decorating in recent years.

"It's what we're all craving," says New York-based designer Jon Call, founder of Mr. Call Designs. "It's romance, it's a softness ... and it feels fresh again, because no one has defined it for our generation."

While brands like Laura Ashley delineated the floral look of a generation ago, the new florals have no rules. Which makes them more fun — and more challenging — to use successfully.

Here, Call and two other interior designers — Betsy Burnham of Los Angeles' Burnham Design, and Brian Patrick Flynn, executive producer of HGTV.com's Spring House series — offer advice on working with this fresh crop of floral patterns.

Brian Patrick Flynn updated this industrial loft kitchen using floral wallpaper from Graham & Brown with modern scale and colours. Flynn says the trick to using florals in fresh new ways is to choose over-scale botanical fabrics rather than traditional florals with small pattern repeats. SARAH DORIO/BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS

What size?

"Scale is the most important factor in modernizing the look and feel of florals," says Flynn. He suggests avoiding flowers that are depicted at their actual size. Instead, pick patterns where the flowers are bigger — between 50 per cent and 200 per cent larger than life-size.

Call agrees: He's a fan of using vintage prints in "the largest scale you can find," so that the print's eye-popping size contrasts with its traditional style.

But Call and Burnham also think floral prints can look modern if they're printed on a very small scale, especially if they're used on smaller items like throw pillows.

Where to use it?

Floral patterns can work especially well on sleek, modern pieces of furniture, Burnham says. Rather than choosing a floral sofa that's rounded and tufted, use floral upholstery on a simple sofa with straight, clean lines.

And rather than hanging floral draperies in a bedroom or choosing a floral bedspread, use solid colored fabrics in those locations and then upholster the headboard in a bold, oversize floral.

What colours?

A great pattern can look dated if you pick the wrong colour palette, says Flynn. "Florals with mustard yellow and burgundy palettes instantly feel old and stuffy. To make them fresh and fun, look for those with unexpected colour palettes, such as black and violet or springy greens and punchy pinks. The pattern will keep its classic appeal, but with a youthful update."

Burnham says floral patterns done in just two colours (or in two shades of the same colour) can look more modern than florals that include several colours. And "if you go for something on a crisp white background," she says, it "might read more current than something on a tea-dye that's more muted."

Call's thinks just about any colour can work, though he prefers to steer clear of pinks and purples. "It gets too sweet, too endearing," he says. You have to "be careful with the sentimentality," he says, or you'll lose some of the modern edge. THE ASSOCIATED PRESS

Which pattern?

- Find a floral print that really appeals to you personally, Burnham suggests. "Nothing corny, nothing ordinary," she says. You want "something really special."
- You might try "chinoiseries that include figures and florals," Burnham says, "or flora and fauna... That's a way to do it if you're kind of scared of just flowers."
- Another option is choosing a pattern that's more "botanical" than flower-filled.
- "Homeowners with aversions to super-girly florals featuring rosebuds or elaborate petals may find botanicals a better fit," says Flynn. "While floral prints include shapes and silhouettes of actual flowers, botanicals rely more on stems and leaves."
- Call points out that designers like Vivienne Westwood have created digitized, pixilated floral prints that mix traditional and modern style. But, he says, even the most classic chintz fabrics can look great in a modern home if they're handmade and high quality.
- Flynn encourages clients to mix floral patterns with other prints.
- "The floral cottage style of a decade ago was all florals and ribbons," Flynn says. "Anytime I'm dealing with a home occupied by couples arguing over masculine and feminine styles, I'm likely to mix botanicals or florals with classic masculine prints such as gingham, check or plaid."
- That juxtaposition of "classic girly prints with iconic patterns used for men's spaces" creates a modern, gender-neutral room.

Interior designer Brian Patrick Flynn uses navy blue prints from Ralph Lauren and John Robshaw to make an otherwise feminine den a bit more gender neutral. SARAH DORIO/BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS

Take time off from your mortgage payments.

A flexible mortgage from TD lets you dedicate time to making the world a better place. Just add a little extra to your regular payments and you could have the option to take a payment vacation for up to four months[1]. It's just one of TD's flexible mortgage features.

Visit a branch or
tdcanadatrust.com/paymentvacation

TD **Banking can be this comfortable.**

[1] Conditions apply. See us for details. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Discover Irish flavours as you sip green beer

Cookbook of the Week

From Ireland to your kitchen

Rachel Allen is one of Ireland's bestselling cookbook authors. In Rachel's Irish Family Food, she shares 120 authentic recipes.

A healthy mix of traditional and modern Irish cooking, the book also contains stories, history and insights into Irish life from across all the counties of the country.

Among the recipes in this book are: Kinoith Pork Casserole, Irish Stew, Irish Sunday Roast, Sautéed Buttered Cabbage, Pea and Spring Onion Champ, Turkey and Ham Potato Pie, and more. **METRO**

Lamb Chops with Parsley and Mint Sauce. St. Paddy's Day is coming up, so get in the kitchen and try this classic dish

"A parsley and mint sauce is an easy way of adding flavour to lamp chops," writes Rachel Allen in Rachel's Irish Family Food.

"The anchovies give the sauce a wonderful depth that works particularly well with lamb and doesn't taste at all fishy. The mint and parsley bring freshness while the capers give the sauce their own particularly punchy flavour.

"You can make the sauce ahead and it will keep in a jar for up to two weeks in the fridge. Do take it out of the fridge about half an hour or so before serving, to give the flavours a chance to wake up.

"The sauce would also be an excellent accompaniment to grilled steak, roast chicken, or pan-fried mackerel."

1. To make the sauce, combine the herbs, capers, anchovies, olive oil and 2 tablespoons of the lemon juice in a food processor. Whiz for a minute, then add salt and pepper or more lemon juice to taste. If you don't have a food processor you can chop everything finely by hand and mix together.

2. Place a frying pan or griddle pan over high heat. While it is heating, drizzle the lamp chops with the olive oil and season with salt and pepper. Place in the hot pan and cook for 2-4 minutes on each side, until just pink in the centre. Serve immediately with a drizzling of the sauce.

RECIPES FROM RACHEL'S IRISH FAMILY FOOD BY RACHEL ALLEN (COLLINS, 2013)

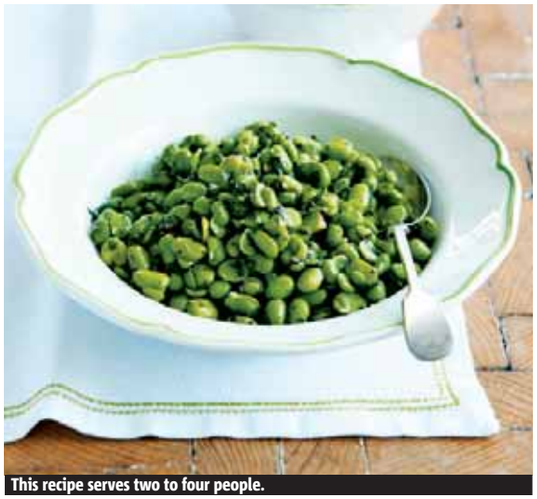
Ingredients

- 8-12 lamb loin chops
- 4 tbsp extra virgin olive oil
- Salt and freshly ground black pepper

Parsley and Mint Sauce

- Handful of mint leaves
- 2 handfuls of parsley leaves
- 2 tbsp capers, drained and rinsed
- 8 tinned anchovies
- 6 tbsp extra virgin olive oil
- 2-4 tbsp freshly squeezed lemon juice
- Salt and freshly ground black pepper

This recipe serves four to six. PHOTOS FROM RACHEL'S IRISH FAMILY FOOD BY RACHEL ALLEN (COLLINS, 2013)



This recipe serves two to four people.

Side. Minted fava beans

"The mint here brings its fresh taste, which goes great with the beans, although you can just as easily serve them with parsley or no herbs at all," writes Rachel Allen in Rachel's Irish Family Food.

1. Bring a large saucepan of water to a boil with 1 teaspoon of salt. Add the beans, bring back to a boil and cook for 2-3 minutes if fresh, or 5-6 minutes if frozen. Drain well. Once cool enough to handle, pop the beans out of their skins.

2. Melt the butter in a small saucepan over medium heat. When the butter is frothing, add the beans and toss for 30-60 seconds to warm through. Add the mint, tossing it with the beans, and season well with salt and pepper. Spoon into a bowl and serve immediately.

Ingredients

- Salt and freshly ground black pepper
- 18 oz (500 g) podded fresh or frozen fava beans
- 2 tbsp (25 g) butter
- 4 tbsp (50 g) coarsely chopped mint

For your phone

Kitchen Stories (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Striking a healthy balance between free and paid content, this beautifully instructional video cookbook offers weekly updates and includes a no-bake lasagna, halibut in thyme milk, and crostini variations.

Go green with versatile cabbage

This recipe serves six. THE CANADIAN PRESS

Potato and cabbage dishes are traditional to Irish cuisine and this Potato Cabbage Bake is a delicious variation. It's great served with corned beef, sausages or ham.

1. In a large saucepan, boil cabbage for 2 minutes. Drain well. Place in a large bowl. Blot with paper towel.

2. In a large skillet, fry bacon until crisp. Remove with slotted spoon and toss with cabbage. Add onion to bacon drippings; cook for 5 minutes or until softened. Remove from heat and stir in potatoes.

3. In a 23-cm (9-inch) square baking pan, layer one-third of the potatoes; season with salt and pepper. Add 125 ml (1/2 cup) of the cheese and half the cabbage mixture. Repeat layers once. Top with remaining potatoes.

4. Cover with foil. Bake in a 200 C (400 F) oven for about 40 minutes or until potatoes are tender. Remove foil; top with remaining 175 ml (3/4 cup) cheese. Return to oven for 5 more minutes. Sprinkle with parsley just before serving.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 1 l (4 cups) finely sliced Savoy cabbage
- 6 slices bacon, cut into 1-cm (1/2-inch) pieces
- 1 large onion, chopped
- 1 kg (2 lb) Yukon Gold potatoes, halved and thinly sliced
- Salt and pepper, to taste
- 425 (1 3/4 cups) shredded cheddar cheese, divided
- 15 ml (1 tbsp) chopped fresh parsley

Dinner. St. Paddy's Soup

This recipe serves six. THE CANADIAN PRESS

1. In a large saucepan, melt butter over medium heat. Add potatoes, onions, cabbage, mushrooms, marjoram, salt and pepper; cook for 7 minutes, stirring often. Stir in garlic; cook for 1 minute.

2. Stir in stock and bring to a boil; reduce heat and simmer, partially covered, for about 10 minutes or until potatoes and cabbage are tender. Stir in parsley; simmer, uncovered, for 1 minute.

3. Puree in batches and pour into a clean saucepan. (Soup can be prepared to this point, cooled, covered and refrigerated for up to 1 day. Taste and adjust seasoning; reheat.)

4. Serve in warm soup bowls, garnishing each serving with a dollop of creme fraîche and sprig of parsley.

THE CANADIAN PRESS/FOODLAND ONTARIO

Ingredients

- 50 ml (1/4 cup) butter
- 5 potatoes, peeled and diced
- 2 onions, chopped
- 750 ml (3 cups) shredded Savoy cabbage (preferably greenest part)
- 250 ml (1 cup) mushrooms, sliced
- 5 ml (1 tsp) dried marjoram
- Salt and pepper, to taste
- 2 cloves garlic, minced
- 1.75 l (7 cups) chicken stock
- 250 ml (1 cup) chopped fresh parsley
- 75 ml (1/3 cup) creme fraîche or sour cream
- Parsley sprigs or snipped chives

Only at the LCBO for a limited time!
LUCKY PICKS

Steam Whistle Leprechaun Boot Pack
331389 2×500 mL
$14.95
Includes two cans of the classic pilsner and a keepsake glass.

Irish Beer Discovery Pack
367904 6-pack
$15.95
Includes four flavourful brews: Kilkenny, Harp, Smithwicks & Guinness

DISCOVER LCBO THE WORLD

Please celebrate responsibly

Featured products available at select LCBO stores. Prices subject to change without notice. Price offers in effect until March 30, 2014.

Brian McKeever and his guide Graham Nishikawa win the gold medal in the men's visually impaired one-kilometre sprint at the 2014 Paralympic Winter Games on Wednesday in Sochi. MATTHEW MURNAGHAN/CANADIAN PARALYMPIC COMMITTEE/TORSTAR NEWS SERVICE

Downed but never out of it

Cross-country skiing. McKeever recovers from a fall to win his second gold medal of the Paralympics

Two hundred metres into the race, Brian McKeever was suddenly on his backside and it appeared his ninth career Paralympic gold medal was slipping away.

But he wasn't letting it go without a fight and the Canmore, Alta., cross-country skier, led by guide Graham Nishikawa of Whitehorse, caught up to the pack to win the men's visually impaired sprint at the Sochi Paralympics on Wednesday.

It's McKeever's second gold of the 2014 Games and the 12th medal of his illustrious Paralympic career. The 34-year-old also won gold in the 20-kilometre event on Monday.

The two Canadians easily advanced to the final where a Russian skier stepped on McKeever's pole, causing him to crash around the 200-metre mark of the one-kilometre race.

Awaiting a silver medal

Meanwhile, alpine sit-skier Kimberly Joines of Rossland, B.C., finished second in the women's slalom, although the results are still unofficial after a German skier appealed her disqualification from the first run. A decision is expected Thursday morning.

But McKeever scrambled to his feet and, with the help of Nishikawa, caught up to the rest of the pack.

"It wouldn't be right for me to tell you what I said in my head, but once the cuss words were out, the only thing you can do is get back up and race," said McKeever. "I thought we were clear, but that is normal and it happens in sprinting when you are all fighting and tight. Everyone is going flat out. It is intense and everyone is at their limit. We are just fortunate it happened in the first 200 metres and not at the end so we had time to catch up."

Canada has eight medals (two gold, two silver, four bronze) and sits third in the overall tally. THE CANADIAN PRESS

Let's not make a deal

"We weren't going to force a deal and do things we really didn't believe in just to make a splash."

Blue Jays GM Alex Anthopoulos addressing the lack of moves he has made since the end of last season. Ervin Santana, a pitcher the Jays were reportedly close to signing, was acquired by the Braves on Wednesday.

NHL

Operation bumped up for Peverley

Rich Peverley will not play again this season after the Dallas Stars forward collapsed on the bench during a game Monday.

One of Peverley's doctors said at a news conference Wednesday that the 31-year-old will undergo a procedure that was originally planned for after the season. He was diagnosed with an irregular heartbeat in training camp.

Dr. Robert Dimeff said Peverley's playing status beyond this season is unknown.

THE ASSOCIATED PRESS

NBA

Lakers shut down Kobe for the rest of the season

Kobe Bryant won't be back on the court for the Los Angeles Lakers this season.

Bryant's broken bone in his left knee still hasn't healed enough for weight-bearing exercise.

THE ASSOCIATED PRESS

Sens looking up in race for final wild-card spot

THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Senators GM Bryan Murray's search for a top-six winger to play alongside Jason Spezza finally came to fruition at last week's NHL trade deadline. Murray acquired fleet-footed Ales Hemsky from the Oilers in exchange for a pair of draft picks. However, was the move consummated too late?

The previous night Hemsky torched the Senators for a pair of goals en route to a 3-2 Edmonton victory, decreasing his new club's opportunity to make the playoffs. The next night, another listless defeat at the Saddledome plunged the struggling Senators into murky waters. Wins in Alberta would have positioned Murray's squad into a virtual tie for a wild-card position. Days later the team finds itself five points out of a post-season spot, needing boatloads of help to gain an invite to the party.

Ales Hemsky GETTY IMAGES

To earn their goal, the Senators have to leapfrog four teams; including the Flyers, Wings, Devils and Capitals — no tall order. The playoff threshold is usually 92 points. To make that jump the Senators require 24 in their final 17 games. Coincidentally, their best stretch all season was exactly that. The club reeled off a 10-3-4 record, earning 24 points from Dec. 26 to Feb. 6.

Ultimately, even if the Senators pull off this feat, they're still not guaranteed a playoff position.

If any of the mentioned teams go on an extended roll, all bets are off. The bottom line is to be in the race for the final wild-card spot, the Senators need to gain at least six points on that particular club.

Judging by their play of late, it seems unlikely. Ottawa's record is a paltry 2-3-1 since the Olympic break. What makes this mark look even worse is that all six games were against current non-playoff squads.

It's not all bad news for Sens fans. Murray's acquisition of Hemsky is paying immediate dividends. The former Hull Olympiques and Spezza found instant chemistry, with each player amassing six points in the past two games. Coach Paul MacLean quipped he was hoping that the "Bunsen burner will stay lit underneath them." The two will have to remain on fire the rest of the way for the Senators to have any success.

Horoscopes

♈ Aries
March 21 - April 20
The future is not bleak, no matter what some pessimists say. In fact it is exceedingly bright and you are in the right place at the right time to take advantage of all the good things that will be coming.

♉ Taurus
April 21 - May 21
It's OK if you want to shut yourself off from the world and be alone with your thoughts for a while. Others may think you are behaving strangely but only because they are insensitive.

♊ Gemini
May 22 - June 21
No matter how go-getting and ambitious a Gemini you may be, there are times when even you must slow down and take time to smell the flowers along the way. Like right now.

♋ Cancer
June 22 - July 23
If you recently did something wrong then learn from it what you can, then put it behind you and move on. You'll make mistakes tomorrow too, of course, but your successes will far outnumber them.

♌ Leo
July 24 - Aug. 23
If you don't want to do something then leave it. Others may moan that you should be making an effort but they're wrong. You should work only on things that interest you.

♍ Virgo
Aug. 24 - Sept. 23
Today's Sun-Saturn link will encourage you to get serious about career prospects. Map out how you see your ambitions unfolding over the next six months — and who you can rely on for support.

♎ Libra
Sept. 24 - Oct. 23
Your sixth sense tells you that something drastic is going to happen. But what some people see as a disaster over the next 24 hours, you will see as a golden opportunity.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn in your sign, linked to the Sun in Pisces, urges you to take life at a slower pace. What you achieve over the next 24 hours or the next 24 years, will not be determined by speed but staying power.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't waste time lamenting what might have been. Sagittarius is a Fire sign, which among other things means you should always be looking forward to the next adventure.

♑ Capricorn
Dec. 22 - Jan. 20
You may not understand how and why certain events had to happen but you can see there is no point being negative. While others complain today, you will make the most of the changes.

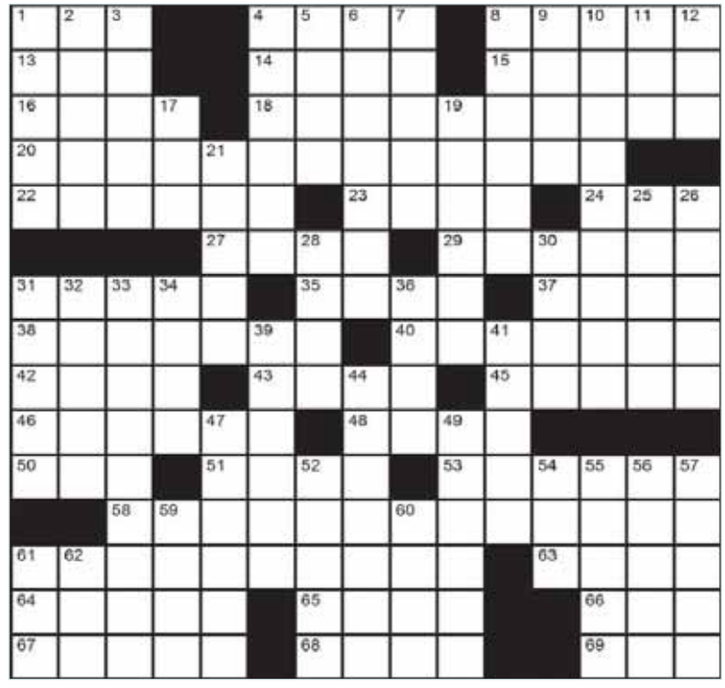
♒ Aquarius
Jan. 21 - Feb. 19
There is always an answer, even to the most difficult of questions, so don't lose heart if your existence isn't easy. Despite what some choose to believe life is, was and always will be a garden of delights.

♓ Pisces
Feb. 20 - March 20
The Sun in your sign is protecting you from harm and with Saturn on your side as well today it's as if you have some kind of force field around keeping negative ideas, and negative people, at bay. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



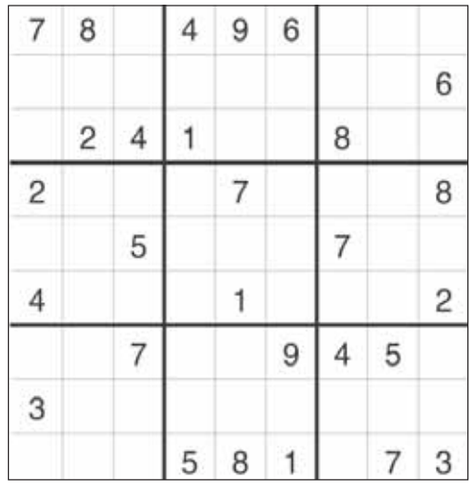
Across
1. Kitty's rival
4. Creme Creme connection: 2 mots
8. Eminem's mentor: 2 wds.
13. Flight schedule acronym
14. City near Provo, Utah
15. Baseball great Hank
16. Slangy affirmatives
18. Trapeze-fallers catchers: 2 wds.
20. Creators of Quebec cheese Oka in 1893 in a Cistercian Abbey: 2 wds.
22. Calgary's motto on its city crest
23. Crossword rendering of an owl couple peering out
24. __ Na Na
27. Paul McCartney's 1995 radio show, __ Joobu
29. __-__ garage
31. "Rolie __ Olie"
35. Gas or elec., e.g.
37. "Diana" (2013) character
38. "Disco Inferno" by The __
40. Modernize
42. Shreds
43. Prefix to 'dermic' (Syringe sort)
45. Prayers' last words
46. Oxygen-dependent being
48. Canadian musician Mr. Kim
50. Chairman Mao's military gr.
51. Bldg. planner
53. "All __!" (Train call)
58. Randy Jackson's role on "American Idol": 2 wds.
61. Shakespearean tragedy about a General of Rome
63. Unaccompanied
64. __ Building (NYC's mecca of '50/'60s songwriting)
65. Foul
66. Race the engine
67. War horse
68. "Be _ __!" (Help out!)
69. Saskatoon's airport code

Down
1. Banff National Park: __ Glacier
2. Sean Penn movie, "_ __" (1997)
3. Banana/custard tasting fruit [var. sp.]
4. Square Dancing call
5. Ages
6. Omitted: 2 wds.
7. Write _ __ (Do office work)
8. Any __ __ (Tomorrow, perhaps?)
9. Position
10. 'No jeans' policy: 2 wds.
11. Moulder
12. Nav. designation
17. Facials-getting site
19. Play the flute
21. Preamble
25. Actor, Thomas __ Church
26. Botanical casings
28. Overly ornate
30. Basketball's Lamar
31. Sink's plumbing fitting, _-__
32. Bay window
33. Portage __ __, Manitoba
34. Cream's "__ __ Glad"
36. Music's __ & Wine
39. Carbolic acid
41. 1994 Oasis album: 'Definitely __'
44. Soup ingredient
47. Look!
49. __ in distress
52. Tropical fruit
54. Some film roles, Walk-__
55. 'Affirm' suffix (Giving assent)
56. Watch brand
57. Celine Dion song: "I __ All Night"
59. Cairo's river
60. __ Varner, Lee Remick's role in "The Long, Hot Summer" (1958)
61. TV network
62. Food scrap

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



7	8		4	9	6			
								6
	2	4	1			8		
2				7				8
		5				7		
4				1				2
		7			9	4	5	
3								
			5	8	1		7	3

Yesterday's Sudoku

6	8	3	7	4	1	9	2	5
1	2	4	6	5	9	3	7	8
7	5	9	3	2	8	6	1	4
9	7	5	1	3	2	4	8	6
2	4	1	9	8	6	7	5	3
3	6	8	4	7	5	1	9	2
4	3	2	8	9	7	5	6	1
5	1	7	2	6	4	8	3	9
8	9	6	5	1	3	2	4	7

Today
-9°/-17°
Mainly sunny

Friday
-3°/-6°
Light snow
80%

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

visit metronews.ca
metro

FLIGHT CENTRE®
The Airfare Experts
1 866 720 4853
flightcentre.ca

Las Vegas Bonus Offers
Book your Las Vegas vacation and choose one of these **FREE** bonus offers:
- **Preferred seat upgrade***
- **Room upgrade^**
- **Roundtrip Limousine transfer^Ω**
- **Helicopter Tour or Grand Canyon Tour^Ω**

*Conditions apply. Offer is valid on new bookings only. Not valid on bookings made at www.flightcentre.ca. Packages must be booked through Flight Centre with Westjet Vacations and include roundtrip flights and a minimum 3 nights accommodation. One offer valid per booking consisting of 2 people traveling together, maximum of 2 people per booking. Bookings must be made and paid in full between March 11 and 14, 2014 to qualify for bonus offers. *Seat upgrade to the value of $200 per booking. ^Room upgrade to the value of $200 per booking. ΩLimousine transfers, helicopter tour and Grand Canyon bus tour are specific products available only through Gogo Worldwide Vacations. Offer is not combinable with any other promotion, discount or offer. Additional conditions may apply. For full terms and conditions, please speak with your Flight Centre consultant or visit flightcentre.ca/vegas-deals. Offer expires March 14, 2014. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 ftco.ca

MEGA AUTOMOBILE.com

THE AUTOMOBILE SUPERSTORE

0 DOWN SIGN AND GO! (OAC)

90 DAYS WITHOUT PAYMENT

2010 Mitsubishi Outlander ES

4WD • 1.8L 4 cyl
$15,870
76,139 km • Auto
Stk: # 35225

$59 weekly

ONTARIO SAFETY E-TEST/LICENSING FINANCING AVAILABLE

Get Your Free Credit Check – Megacredit.ca

2012 Toyota Corolla CE

Sedan • 1.8L 4 cyl
$12,350
59,149 km • Auto
Stk: # 35547

$52 weekly

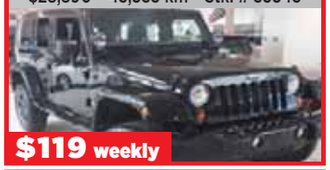
2009 Honda Civic
$9,980 • 77,803 km • Stk: # 35669

$49 weekly

2010 Subaru Impreza
$12,880 • 112,331 km • Stk: # 35522

$63 weekly

2012 Jeep Wrangler
$28,890 • 43,533 km • Stk: # 35543



$119 weekly

2006 Smart Fortwo CDI
$5,950 • 112,378 km • Stk: # 33328-A

$36 weekly

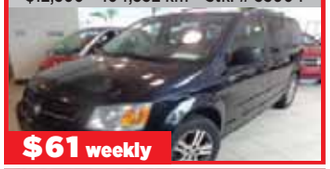
2007 Mazda 5
$7,950 • 94,991 km • Stk: # 35125

$48 weekly

2009 Toyota Matrix
$9,940 • 109,593 km • Stk: # 35048

$59 weekly

2010 Dodge Gr Caravan SE
$12,360 • 104,332 km • Stk: # 35604



$61 weekly

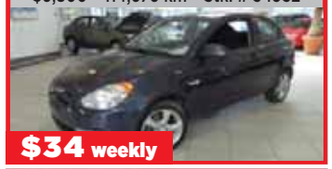
2012 Nissan Altima 2.5 XTRONIC
$13,760 • 61,816 km • Stk: # 35503

$58 weekly

2011 Mercedes-Benz B200
$16,780 • 63,952 km • Stk: # 35624

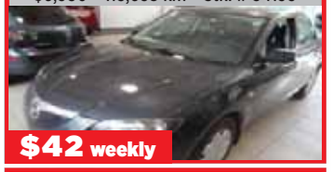
$69 weekly

2009 Hyundai Accent SE
$6,800 • 114,676 km • Stk: # 34932



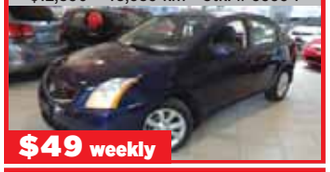
$34 weekly

2007 Mazda 3
$6,950 • 115,638 km • Stk: # 34199



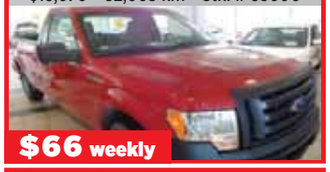
$42 weekly

2012 Nissan Sentra XTRONIC
$12,850 • 48,389 km • Stk: # 35394



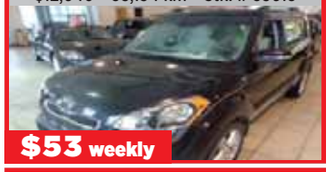
$49 weekly

2011 Ford F-150 XL
$15,670 • 32,065 km • Stk: # 35600



$66 weekly

2012 Kia Soul
$12,640 • 35,154 km • Stk: # 35613

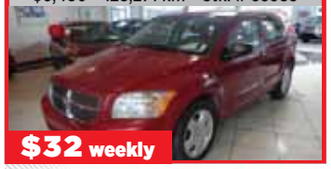


$53 weekly

2009 Ford Focus SE
$7,850 • 82,719 km • Stk: # 35640

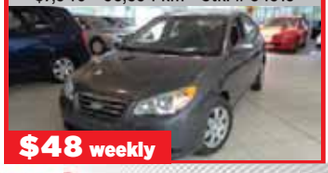
$39 weekly

2009 Dodge Caliber SXT
$6,480 • 128,271 km • Stk: # 35585



$32 weekly

2008 Hyundai Elantra
$7,940 • 93,594 km • Stk: # 34913

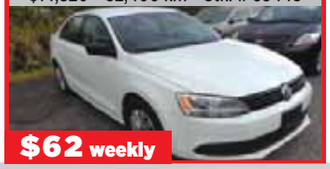


$48 weekly

2012 Toyota Yaris LE
$13,280 • 42,872 km • Stk: # 35330

$56 weekly

2013 Volkswagen Jetta
$14,820 • 52,406 km • Stk: # 35448



$62 weekly

2007 Mazda B3000 DS
$9,850 • 103,783 km • Stk: # 34233

$59 weekly

Are you employed by Federal, Provincial or Municipal government?

If yes, finance your vehicle at Mega and receive our bank commission of up to

$500

OPEN SUNDAYS

www.megaautomobile.com

1261, boul. St. Joseph, Gatineau • 819.770.2277

Just 5 minutes from downtown Ottawa

OVER 400 MORE VEHICLES ONLINE!

Disclaimer: Bi-Weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments), ***144 months (312 payments) at 6.3% (minimum $20,000) and 7.9% (minimum $10,000) with $0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for $100 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.